



# Grief Support in Santa Clara County

Find local support for bereavement  
after experiencing any kind of  
death or loss



COUNTY OF SANTA CLARA  
**Behavioral Health Services**

# Grief Counseling

## Kara

[kara-grief.org](http://kara-grief.org)

650-321-5272

457 Kingsley Ave.

Palo Alto, CA 94301

Monday-Thursday:

9am - 4pm

Friday:

9am - 1pm

**Support for:**

- Children & teens
- Families
- Adults
- Schools
- Organizations
- Caregivers
- First Responders

**Services:**

- Peer support
- Crisis response
- Training & education
- Grief therapy
- Caregiver support

## Bill Wilson Center: Centre for Living with Dying

[billwilsoncenter.org/services/all/iving.html](http://billwilsoncenter.org/services/all/iving.html)

[org/services/all/iving.html](http://billwilsoncenter.org/services/all/iving.html)

[ving.html](http://billwilsoncenter.org/services/all/iving.html)

408-850-6145

3490 The Alameda

Santa Clara, CA 95050

Monday-Friday:

9am - 5pm

**Support for:**

- Children
- Adolescents
- Adults

**Services:**

- Emotional support for adults & children facing life-threatening illnesses
- Crisis intervention services
- Educational programs
- The Healing Heart Program
- Support groups

## Hospice of the Valley: Center for Grief & Loss

408-559-5614

4850 Union Ave.

San Jose, CA 95124

Monday-Friday:

9am - 4pm

**Support for:**

- Those with serious illness
- Those needing end of life care (older adults)

**Services:**

- Living with an illness
- Caring for a loved one
- Receiving care at home
- Grieving a loss

# Grief Counseling continued

## Pathways Hospice

[pathwayshealth.org](http://pathwayshealth.org)

[/grief-support](http://grief-support)

408-773-4329

585 North Mary Ave.

Sunnyvale, CA 94085

Monday-Friday:

8:30pm - 5pm

**Support for:**

- Open to all

**Services:**

- Grief counseling
- Grief support groups
- Workshops
- Memorial services

## Gilroy Strong Resiliency Center

[bit.ly/gilroystrong](http://bit.ly/gilroystrong)

[center](http://center)

408-209-8356

7365 Monterey Road

Gilroy, CA 95020

Tuesday-Thursday:

10am - 6pm

**Support for:**

- Victims
- First responders
- Community members

**Services:**

- Individual Counseling
- Support Groups
- Trauma Education

# Support Group

## The Compassionate Friends of SCC

[compassionatefriends.org](http://compassionatefriends.org)

[riends.org](http://riends.org)

408-249-9570

1957 Pruneridge Ave.

Santa Clara, CA 95050

1st Tuesday of the

month: 7:30pm

**Support for:**

- Families who have lost a child

**Services:**

- Support groups
- Online communities

# Suicide Loss Support Groups

## SCC Suicide Prevention & Crisis: Survivors of Suicide Support Group

[bit.ly/supportgroupscscc](https://bit.ly/supportgroupscscc)

408-885-6216

871 Enborg Court

San Jose, CA 95128

**Support for:**

- Suicide loss survivors

**Services:**

- In-person support group

## Hospice of the Valley: Suicide Loss Support Group

[hospicevalley.org](https://hospicevalley.org)

408-559-5600

4850 Union Ave.

San Jose, CA 95124

**Support for:**

- Suicide loss survivors

**Services:**

- In-person support group

## Family Community Church: Hope After Suicide Loss

408-640-7144

478 Piercy Road

San Jose, CA 95138

Wednesdays:

7pm - 8:30pm

**Support for:**

- Suicide loss survivors

**Services:**

- In-person support group

## American Foundation for Suicide Prevention: Healing Conversations

[afsp.org/ive-lost-someone](https://afsp.org/ive-lost-someone)

Email: [\[loss@afsp.org\]\(mailto:loss@afsp.org\)](mailto:survivingsuicid</a></p></div><div data-bbox=)

**Support for:**

- Suicide loss survivors

**Services:**

- In-person support group

# Information on Grieving Youth

## The HEARD Alliance

[heardalliance.org/youth-grief](https://heardalliance.org/youth-grief)

Resources for treating depression and related conditions, and preventing suicide in adolescents and young adults.

## The Dougy Center for Grieving

[dougy.org](https://dougy.org)

Support for children, teens, young adults, and their families grieving a death.

## Good Grief

[goodgrief.org](https://goodgrief.org)

Support for children, teens, young adults, and families after the death through peer support programs, education, and advocacy.

# Commemorative events

## American Foundation for Suicide Prevention

The International Survivors  
of Suicide Loss Day

[afsp.org/international-survivors-of-suicide-loss-day](https://afsp.org/international-survivors-of-suicide-loss-day)

Out of the Darkness Walk

[bit.ly/afspsouthbaywalk](https://bit.ly/afspsouthbaywalk)

## The Dinner Party

Life After Loss

[thedinnerparty.org](https://thedinnerparty.org)

## Kara

Walk'n'Run to Remember

[kara-grief.org/tag/walknrun](https://kara-grief.org/tag/walknrun)

# Books

## Children

<b>Tear Soup: A Recipe for Healing After Loss</b>	P. Schweibert & C. DeKlyen
<b>When Someone Dies</b>	Sharon Greenlee
<b>I Miss You, A First Look at Death</b>	Pat Thomas
<b>Lifetimes</b>	Bryan Mellonie & Robert Ingpen
<b>Someone Special Died</b>	Joan Singleton Prestine
<b>After Charlotte's Mom Died</b>	Cornelia Spelman
<b>Saying Goodbye to Daddy</b>	Judith Vigna
<b>The Keeping Quilt</b>	Patricia Polacco

## Teens

<b>Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love</b>	E.A. Grollman
<b>Fire in My Heart, Ice in My Veins: A Journal for Teenagers Experiencing a Loss</b>	E. Samuel Traisman
<b>You Are Not Alone: Teens Talk About Life After the Loss of a Parent</b>	L. Hughes
<b>The Grieving Teen: A Guide for Teenagers and Their Friends</b>	H. Fitzgerald

# Books

## Adults

**After a Parent's Suicide: Helping Children Heal** Margo Requarth

**Children, Teens and Suicide Loss** AFSP

**After Suicide Loss: Coping with Your Grief** Jack Jordan & Bob Baugher

**A Journey Toward Health and Hope** SAMHSA

**Living When a Loved One Has Died** E.A. Grollman

**Breaking the Silence: A Guide to Helping Children with Complicated Grief** E.A. Grollman

**The Rite of Return: Coming Back from Duty-Induced PTSD** K. Lansing

**The Courage to Grieve: The Classic Guide to Creative Living, Recovery, And Growth Through Grief** J. Tatelbaum

**Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others** L. Van Dernoot Lipsky

**Permission to Mourn: A New Way to Do Grief** T. Zuba

# SANTA CLARA COUNTY

## BEHAVIORAL HEALTH RESOURCES

Services are available for all ages and in other languages unless noted.

### Suicide & Crisis Lifeline

For local area codes: 988

For non-local area codes: (855) 278-4204

Free, 24/7 support for anyone experiencing mental health distress, including:

- thoughts of suicide
- mental health or substance use crisis
- just need to talk

Trained counselors will provide compassionate support to individuals in crisis. Speak to a clinician who can screen and assess crisis situations over the phone and intervene wherever the crisis is occurring. The lifeline is anonymous and confidential: information will not be shared unless in-person services are needed. Services may or may not involve law enforcement in emergencies.

### Mental Health & Substance Use Services Call Center

(800) 704-0900

Free, 24/7 access to County services, including:

- specialty mental health
- substance use treatment or prevention
- support for survivors of suicide
- general information, grievances, and appeals

Trained and licensed mental health and substance use treatment services professionals will provide support. Referrals for Assisted Outpatient Treatment are available.

### Crisis Text Line

Text **RENEW** to **741741** (English only)

Envía **COMUNIDAD** a **741741** (Spanish only)

Free, 24/7 crisis support via text message.

### Crisis Intervention Team (CIT) Officer

911

In emergency situations, ask for a C.I.T. officer trained in mental health issues.

**Follow us on Facebook:** @cscbehavioralhealth

**Follow us on Instagram:** @cscbehavioralhealth

**Follow us on Youtube:** @behavioralhealth

**Email:** SuicidePrevention@hhs.sccgov.org



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