Grief Support in Santa Clara County
Find local support for bereavement after experiencing any kind of death or loss
# Grief Counseling

## Kara

<table>
<thead>
<tr>
<th>kara-grief.org</th>
<th>Support for:</th>
<th>Services:</th>
</tr>
</thead>
<tbody>
<tr>
<td>650-321-5272</td>
<td>- Children &amp; teens</td>
<td>- Peer support</td>
</tr>
<tr>
<td>457 Kingsley Ave. Palo Alto, CA 94301</td>
<td>- Families</td>
<td>- Crisis response</td>
</tr>
<tr>
<td>Monday-Thursday: 9am - 4pm</td>
<td>- Adults</td>
<td>- Training &amp; education</td>
</tr>
<tr>
<td>Friday: 9am - 1pm</td>
<td>- Schools</td>
<td>- Grief therapy</td>
</tr>
<tr>
<td>457 Kingsley Ave. Palo Alto, CA 94301</td>
<td>- Organizations</td>
<td>- Caregiver support</td>
</tr>
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</table>

## Bill Wilson Center: Centre for Living with Dying

<table>
<thead>
<tr>
<th>billwilsoncenter.org/services/all/living.html</th>
<th>Support for:</th>
<th>Services:</th>
</tr>
</thead>
<tbody>
<tr>
<td>408-850-6145 3490 The Alameda Santa Clara, CA 95050</td>
<td>- Children</td>
<td>- Emotional support for adults &amp; children facing life-threatening illnesses</td>
</tr>
<tr>
<td>Monday-Friday: 9am - 5pm</td>
<td>- Adolescents</td>
<td>- Crisis intervention services</td>
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<tr>
<td></td>
<td>- Adults</td>
<td>- Educational programs</td>
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<tr>
<td></td>
<td></td>
<td>- The Healing Heart Program</td>
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<tr>
<td></td>
<td></td>
<td>- Support groups</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>408-559-5614 4850 Union Ave. San Jose, CA 95124</th>
<th>Support for:</th>
<th>Services:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday-Friday: 9am - 4pm</td>
<td>- Those with serious illness</td>
<td>- Living with an illness</td>
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<tr>
<td></td>
<td>- Those needing end of life care (older adults)</td>
<td>- Caring for a loved one</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Receiving care at home</td>
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<tr>
<td></td>
<td></td>
<td>- Grieving a loss</td>
</tr>
</tbody>
</table>
Grief Counseling continued

Pathways Hospice

pathwayshealth.org/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-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
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

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:survivingsuicideloss@afsp.org

Support for:
- Suicide loss survivors

Services:
- In-person support group
Information on Grieving Youth

The HEARD Alliance

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

Good Grief

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

Out of the Darkness Walk
bit.ly/afspsouthbaywalk

The Dinner Party

Life After Loss
thedinneparty.org

Kara

Walk'n'Run to Remember
kara-grief.org/tag/walknrun
# Books

## Children

<table>
<thead>
<tr>
<th>Title</th>
<th>Author(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tear Soup: A Recipe for Healing After Loss</td>
<td>P. Schweibert &amp; C. DeKlyen</td>
</tr>
<tr>
<td>When Someone Dies</td>
<td>Sharon Greenlee</td>
</tr>
<tr>
<td>I Miss You, A First Look at Death</td>
<td>Pat Thomas</td>
</tr>
<tr>
<td>Lifetimes</td>
<td>Bryan Mellonie &amp; Robert Ingpen</td>
</tr>
<tr>
<td>Someone Special Died</td>
<td>Joan Singleton Prestine</td>
</tr>
<tr>
<td>After Charlotte’s Mom Died</td>
<td>Cornelia Spelman</td>
</tr>
<tr>
<td>Saying Goodbye to Daddy</td>
<td>Judith Vigna</td>
</tr>
<tr>
<td>The Keeping Quilt</td>
<td>Patricia Polacco</td>
</tr>
</tbody>
</table>

## Teens

<table>
<thead>
<tr>
<th>Title</th>
<th>Author(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Straight Talk about Death for Teenagers: How to Cope with Losing</td>
<td>E.A. Grollman</td>
</tr>
<tr>
<td>Someone You Love</td>
<td></td>
</tr>
<tr>
<td>Fire in My Heart, Ice in My Veins: A Journal for Teenagers</td>
<td>E. Samuel Traisman</td>
</tr>
<tr>
<td>Experiencing a Loss</td>
<td></td>
</tr>
<tr>
<td>You Are Not Alone: Teens Talk About Life After the Loss of a</td>
<td>L. Hughes</td>
</tr>
<tr>
<td>Parent</td>
<td></td>
</tr>
<tr>
<td>Books</td>
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<tr>
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<td></td>
</tr>
<tr>
<td><strong>Adults</strong></td>
<td></td>
</tr>
<tr>
<td>After a Parent’s Suicide: Helping Children Heal</td>
<td>Margo Requarth</td>
</tr>
<tr>
<td>Children, Teens and Suicide Loss</td>
<td>AFSP</td>
</tr>
<tr>
<td>After Suicide Loss: Coping with Your Grief</td>
<td>Jack Jordan &amp; Bob Baugher</td>
</tr>
<tr>
<td>A Journey Toward Health and Hope</td>
<td>SAMHSA</td>
</tr>
<tr>
<td>Living When a Loved One Has Died</td>
<td>E.A. Grollman</td>
</tr>
<tr>
<td>The Rite of Return: Coming Back from Duty-Induced PTSD</td>
<td>K. Lansing</td>
</tr>
<tr>
<td>Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others</td>
<td>L. Van Dernoot Lipsky</td>
</tr>
<tr>
<td>Permission to Mourn: A New Way to Do Grief</td>
<td>T. Zuba</td>
</tr>
</tbody>
</table>
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