



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

Agency	Website	Location	Phone	Hours	Support for	Services
Kara	kara-grief.org	457 Kingsley Avenue Palo Alto, CA 94301	650-321-5272	Monday- Thursday: 9am - 4pm Friday: 9am - 1pm	<ul style="list-style-type: none">• Children and teens• Families• Adults• Schools• Organizations• Caregivers• First Responders	<ul style="list-style-type: none">• Peer support• Crisis Response• Training & Education• Grief Therapy• Caregiver Support
Bill Wilson Center - Centre for Living with Dying	billwilsoncenter.org/services/all/living.html	3490 The Alameda Santa Clara, CA 95050	408-243-0222	Monday- Friday: 9am - 5pm	<ul style="list-style-type: none">• Children• Adolescents• Adults	<ul style="list-style-type: none">• Emotional support to adults and children facing life-threatening illness• Crisis intervention services• Educational programs on grief and loss• The Healing Heart Program• Support groups
Hospice of the Valley Center for Grief & Loss	hospicevalley.org	4850 Union Avenue San Jose, CA 95124	408-559-5614	Monday- Friday: 9am - 4pm	<ul style="list-style-type: none">• Those with serious illness• Those needing end of life care (older adults)	<ul style="list-style-type: none">• Living with an illness• Caring for a loved one• Receiving care at home• Grieving a loss

Grief Counseling continued

Agency	Website	Location	Phone	Hours	Support for	Services
Pathways Hospice	pathwayshealth.org/grief-support	585 North Mary Avenue Sunnyvale, CA 94085	408-773-4329	Monday-Friday: 8:30am - 5pm	<ul style="list-style-type: none">• Open to all	<ul style="list-style-type: none">• Grief counseling• Grief support groups• Workshops• Memorial services
Catholic Charities	catholiccharitiesscc.org/behavioral-health	2625 Zanker Road Suite 201 San Jose, CA 95134	408-468-0100	Monday-Friday: 9am - 5pm	<ul style="list-style-type: none">• Children• Teens• Families• Adults• Older Adults	<ul style="list-style-type: none">• CalWORKs Mental Health Services• Children's Behavioral Health Services• Golden Gateway Program• Older Adult Behavioral Health Services
Discovery Counseling	mydiscoverycc.com/index.html	16275 Monterey Road Suite C Morgan Hill, CA 95037	408-778-5120	Monday-Thursday 9am - 5pm Friday - Saturday by appointment only	<ul style="list-style-type: none">• Individuals• Couples• Families	<ul style="list-style-type: none">• Counseling services
Community Solutions	communitysolutions.org	9015 Murray Avenue Suite 100 Gilroy, CA 95020	408-842-7138	Monday-Friday: 8:30am - 5:30pm	<ul style="list-style-type: none">• Children & youth• Adults & older adults• Survivors of violence	<ul style="list-style-type: none">• Support programs• Education• Prevention services

Suicide-Specific Support Groups

Agency	Website	Location	Phone	Hours	Support	Services
Santa Clara County Suicide Prevention & Crisis: Survivors of Suicide Support Group	bit.ly/supportgroupsc	871 Enborg Court San Jose, CA 95128	408-885-6216	Call for meeting times	<ul style="list-style-type: none"> • Suicide loss survivors 	<ul style="list-style-type: none"> • In-person support group
Hospice of the Valley Suicide Loss Support Group	hospicevalley.org	4850 Union Avenue San Jose, CA, 95124	408-559-5600		<ul style="list-style-type: none"> • Suicide loss survivors 	<ul style="list-style-type: none"> • In-person support group
Family Community Church “Hope after Suicide Loss”		478 Piercy Road San Jose, CA 95138	408-640-7144	Wednesdays: 7pm - 8:30pm	<ul style="list-style-type: none"> • Suicide loss survivors 	<ul style="list-style-type: none"> • In-person support group
AFSP Healing Conversations	afsp.org/healingconversations	Email: survivingsuicideloss@afsp.org			<ul style="list-style-type: none"> • Suicide loss survivors 	<ul style="list-style-type: none"> • Online and phone

Additional Support Groups

Agency	Contact	Location	Phone	Hours	Support	Services
Zephyr Self-Help Center	sccbhd.org	1075 E. Santa Clara (back of building) San Jose, CA 95116	408-792-2140	Mondays: 2pm - 3pm	• Adults	• Peer support group for grief and loss
The Compassionate Friends of Santa Clara County Supporting Family After a Child Dies	compassionatefriends.org	1957 Pruneridge Avenue Santa Clara, CA 95050	408-249-9570	1st Tuesday of each month 7:30pm	• Families who have lost a child	• Support groups • Online communities

Commemorative Events

Event	Website
AFSP International Survivors of Suicide Loss Day	afsp.org/find-support/ive-lost-someone/survivor-day
AFSP Overnight Walk	bit.ly/afspovernight
AFSP South Bay Walk	bit.ly/southbaywalk
The Dinner Party: Life After Loss	thedinnerparty.org
Kara Walk'n'Run to Remember	bit.ly/walknrun

For More Information

Website	Description
grievingchildren.org	Uplift Center for Grieving Children helps children grieving a death to heal and grow through their grief while strengthening families, communities and professionals' understanding of how best to respond to their needs.
dougy.org	The Dougy Center provides support for children, teens, young adults and their families grieving a death.
goodgrief.org	Support for children, teens, young adults, and families after the death of a mother, father, sister, or brother through peer support programs, education, and advocacy.
heardalliance.org/youth-grief	The HEARD Alliance (Health Care Alliance for Response to Adolescent Depression) provides resources for treating depression and related conditions, and preventing suicide in adolescents and young adults.

Books

Title

Author

CHILDREN

Tear Soup: A Recipe for Healing After Loss

P. Schweibert &
C. DeKlyen

TEENS

Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love

E.A. Grollman

Fire in My Heart, Ice in My Veins: A Journal for Teenagers Experiencing a Loss

E. Samuel Traisman

You Are Not Alone: Teens Talk About Life After the Loss of a Parent

L. Hughes

The Grieving Teen: A Guide for Teenagers and Their Friends

H. Fitzgerald

Title

Author

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 and
Bob Baugher

A Journey Toward Health and Hope

SAMHSA

Living When a Loved One Has Died

E.A. Grollman

The Courage to Grieve: The Classic Guide to Creative Living, Recovery, And Growth Through Grief

J. Tatelbaum

Breaking the Silence: A Guide to Helping Children with Complicated Grief - Suicide, Homicide, AIDS, Violence and Abuse

E.A. Grollman

The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It

K. McGonigal

The Rite of Return: Coming Back from Duty-Induced PTSD

K. Lansing

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 in other languages unless noted.

Mental Health Services Call Center (800) 704-0900

24/7 assistance in accessing County mental health services, referrals to community services, and assistance during a mental health crisis.

Gateway Call Center (800) 488-9919

Access substance use treatment services. Monday - Friday 8am to 5pm.

Suicide and Crisis Hotline 24/7 (800) 278-4204

Free, 24/7 suicide prevention hotline that provides confidential phone intervention and emotional support to individuals in crisis.

Crisis Text Line Text RENEW to 741741

Free, 24/7 crisis support via text message. English only.

Mental Health Urgent Care (408) 885-7855

Walk-in outpatient clinic for residents who are experiencing behavioral health crisis and need help. Monday - Sunday, 8am to 10pm.

Mobile Crisis Response Team (800) 704-0900; press 2

Speak to a clinician who can screen and assess crisis situations over the phone and intervene wherever the crisis is occurring. Monday - Friday, 8am to 8pm.

Uplift Mobile Crisis Unit (408) 379-9085

24/7 intervention for children and teens who are in acute psychological crisis.

C.I.T. 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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