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

Grief Support in Santa Clara County

Find local support for bereavement after experiencing any kind of death or loss.
### Grief Counseling

**Kara**

**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/living.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

[Pathways Hospice](https://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

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**

[Compassionate Friends](https://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

<table>
<thead>
<tr>
<th><strong>bit.ly/supportgroupscce</strong></th>
<th><strong>Support for:</strong></th>
<th><strong>Services:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>408-885-6216</td>
<td>• Suicide loss survivors</td>
<td>• In-person support group</td>
</tr>
<tr>
<td>871 Enborg Court</td>
<td></td>
<td></td>
</tr>
<tr>
<td>San Jose, CA 95128</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Hospice of the Valley: Suicide Loss Support Group

<table>
<thead>
<tr>
<th><strong>hospicevalley.org</strong></th>
<th><strong>Support for:</strong></th>
<th><strong>Services:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>408-559-5600</td>
<td>• Suicide loss survivors</td>
<td>• In-person support group</td>
</tr>
<tr>
<td>4850 Union Ave.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>San Jose, CA 95124</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Family Community Church: Hope After Suicide Loss

<table>
<thead>
<tr>
<th><strong>408-640-7144</strong></th>
<th><strong>Support for:</strong></th>
<th><strong>Services:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>478 Piercy Road</td>
<td>• Suicide loss survivors</td>
<td>• In-person support group</td>
</tr>
<tr>
<td>San Jose, CA 95138</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesdays: 7pm - 8:30pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## American Foundation for Suicide Prevention: Healing Conversations

<table>
<thead>
<tr>
<th><strong>afsp.org/ive-lost-someone</strong></th>
<th><strong>Support for:</strong></th>
<th><strong>Services:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Email: <a href="mailto:survivingsuicideloss@afsp.org">survivingsuicideloss@afsp.org</a></td>
<td>• Suicide loss survivors</td>
<td>• In-person support group</td>
</tr>
</tbody>
</table>
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.

Commemorativative 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
thedinnerparty.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 Someone You Love</td>
<td>E.A. Grollman</td>
</tr>
<tr>
<td>Fire in My Heart, Ice in My Veins: A Journal for Teenagers Experiencing a Loss</td>
<td>E. Samuel Traisman</td>
</tr>
<tr>
<td>You Are Not Alone: Teens Talk About Life After the Loss of a Parent</td>
<td>L. Hughes</td>
</tr>
<tr>
<td>Books</td>
<td>Authors/Editors</td>
</tr>
<tr>
<td>----------------------------------------------------------------------</td>
<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
988*
*For area codes other than 408, 650, and 669: (800) 704-0900, press 1

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