

## STRIVING FOR ZERO EXCELLENCE AWARDS

## Striving for Zero

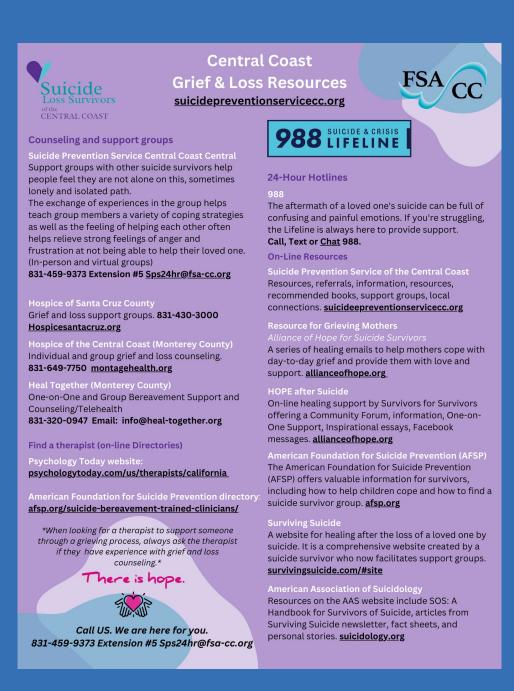


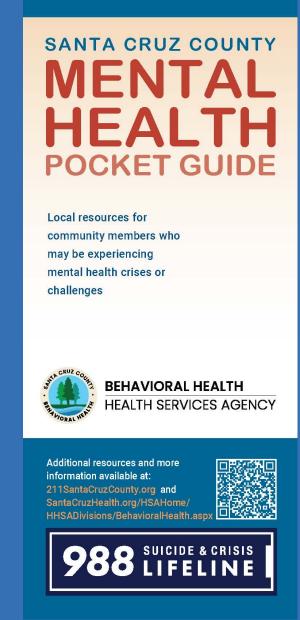
## INTERVENTIONS AFTER A SUICIDE LOSS

## Leveling up for Suicide Loss Survivors

Santa Cruz County

Through Building Hope and Safety Santa Cruz, a project designed to implement key activities from the County's first Suicide Prevention Strategic Plan, Santa Cruz County developed, printed, and distributed the county's first LOSS (Local Outreach for Survivors of Suicide) information and resource packet. Packets were developed with input from local survivors of suicide loss and continue to be available in English and Spanish, in both print and digital formats. Distribution efforts focused on key community settings and partners, including local libraries, suicide loss survivor support groups,, Mental Health Liaisons (trained clinicians who respond to suicide death scenes with local first responders), faith communities, and others. A recommended reading list for loss survivors was also developed and texts procured by the public library system and online catalog. Further, all local training efforts administered during the grant period were amended to feature information about suicide loss and available resources and these resources were featured in the first bilingual Mental Health Pocket Guide (over 30,000 distributed Countywide). Through partnership with Suicide Prevention Service of the Central Coast, survivor support groups were adjusted to allow more individuals to participate and additional staff were added to the program to coordinate support for survivors. During this time, local partners also met to explore the feasibility of creating an active postvention team and successfully obtained seed money to facilitate this as a multi-county effort starting in 2023.







Have you lost a friend, family member, loved one, or someone close to suicide?

Losing someone to suicide can be painful, confusing, and overwhelming. Grieving the suicide of a loved one is different than grieving other kinds of loss. You may feel alone, and may not know where to turn for support. You may not realize that there are other survivors who are suffering too. You may be looking for others who have had your experience to help you through your healing process. You do not have to struggle with this alone – there is support available.

