

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.

Central Coast Grief & Loss Resources
suicidepreventionserviceccc.org

988 SUICIDE & CRISIS LIFELINE

24-Hour Hotlines
988
The aftermath of a loved one's suicide can be full of confusing and painful emotions. If you're struggling, the Lifeline is always here to provide support.
Call, Text or Chat 988.

On-Line Resources
Suicide Prevention Service of the Central Coast Resources, referrals, information, resources, recommended books, support groups, local connections. suicidepreventionserviceccc.org

Resource for Grieving Mothers
Alliance of Hope for Suicide Survivors
A series of healing emails to help mothers cope with day-to-day grief and provide them with love and support. allianceofhope.org

HOPE after Suicide
On-line healing support by Survivors for Survivors offering a Community Forum, information, One-on-One Support, Inspirational essays, Facebook messages. allianceofhope.org

American Foundation for Suicide Prevention (AFSP)
The American Foundation for Suicide Prevention (AFSP) offers valuable information for survivors, including how to help children cope and how to find a suicide survivor group. afsp.org

Surviving Suicide
A website for healing after the loss of a loved one by suicide. It is a comprehensive website created by a suicide survivor who now facilitates support groups. survivingsuicide.com/#site

American Association of Suicidology
Resources on the AAS website include SOS: A Handbook for Survivors of Suicide, articles from Surviving Suicide newsletter, fact sheets, and personal stories. suicidology.org

Counseling and support groups
Suicide Prevention Service of the Central Coast Central Support groups with other suicide survivors help people feel they are not alone on this, sometimes lonely and isolated path.
The exchange of experiences in the group helps teach group members a variety of coping strategies as well as the feeling of helping each other often helps relieve strong feelings of anger and frustration at not being able to help their loved one. (In-person and virtual groups)
831-459-9373 Extension #5 Sps24hr@fsa-cc.org

Hospice of Santa Cruz County
Grief and loss support groups. **831-430-3000**
Hospicesantacruz.org

Hospice of the Central Coast (Monterey County)
Individual and group grief and loss counseling. **831-649-7750** montagehealth.org

Heal Together (Monterey County)
One-on-One and Group Bereavement Support and Counseling/Telehealth
831-320-0947 Email: info@heal-together.org

Find a therapist (on-line Directories)
Psychology Today website: psychologytoday.com/us/therapists/california

American Foundation for Suicide Prevention directory
afsp.org/suicide-bereavement-trained-clinicians/

"When looking for a therapist to support someone through a grieving process, always ask the therapist if they have experience with grief and loss counseling."

There is hope.

Call US. We are here for you.
831-459-9373 Extension #5 Sps24hr@fsa-cc.org

SANTA CRUZ COUNTY MENTAL HEALTH POCKET GUIDE

Local resources for community members who may be experiencing mental health crises or challenges

BEHAVIORAL HEALTH HEALTH SERVICES AGENCY

Additional resources and more information available at:
211SantaCruzCounty.org and SantaCruzHealth.org/HSAHome/HHSADivisions/BehavioralHealth.aspx

988 SUICIDE & CRISIS LIFELINE

GRIEF SUPPORT

- Family Service Agency of the Central Coast Suicide Loss Survivors**
FSA offers a peer support group for those grieving a suicide loss. They can also provide community resource referrals for counseling and other grief support services. Learn more at: suicidepreventionservice.org
Call (831) 459-9373 x5 or email sps24hr@fsa-cc.org
- Hospice of Santa Cruz County**
Grief support is available to hospice families and any community member who is grieving or anticipating the death of a loved one.
Drop-in support groups are listed at hospicesantacruz.org/grief-support/
For information on scheduling an appointment or support group registration call (831) 430-3000 or email griefsupport@hospicesantacruz.org
- GriefShare**
A grief support group network that provides support in a structured way with expert seminar videos, personal reflection, and personal study. The support groups offered are for those grieving the death of a family member or friend.
Additionally, they offer a searchable database of GriefShare groups. Visit griefshare.org and input your location to find a GriefShare group near you.

SURVIVORS OF SUICIDE LOSS PEER SUPPORT GROUP

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.



SCAN ME

For more information, please contact Santa Cruz County (Andrea Turnbull - Andrea.Turnbull@santacruzcountyca.gov)