Suicide Loss Survivors

Hospice of Santa Cruz County
Family Service Agency of the Central Coast

GriefShare

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 griefsupport@santacruz.org or sps24hr@fsa-cc.org.

Grief support is available to hospice families and other grief support services. They can also provide community resource referrals for counseling and other grief support services.

Call (831) 459-9373 or email spa24hr@fsa-cc.org.

Learn more at suicidepreventionservice.org.

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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 include seminars, personal reflection, and support in a structured way with expert guidance. The support groups offered include seminars, personal reflection, and support in a structured way with expert guidance. The support groups offered include seminars, personal reflection, and support in a structured way with expert guidance. The support groups offered include seminars, personal reflection, and support in a structured way with expert guidance. The support groups offered include seminars, personal reflection, and support in a structured way with expert guidance.

Access Team: Evaluates all requests for non-emergency services for those not currently receiving services from County Mental Health or community mental health providers.

Adult Mental Health Services Program: Part of Santa Cruz County Mental Health Services Agency, providing services to those with serious and persistent mental illnesses, ranging from transition age youth (18-25) to older adults (over 60).

Assessment: A mental health evaluation to determine an individual's mental health status and needs, including whether the individual qualifies for Santa Cruz County Behavioral Health Services.

Child and Adolescent Behavioral Health Services: Comprehensive, strengths-based culturally and linguistically appropriate services for Medi-Cal eligible youth who have moderate to severe behavioral health needs.

Consumer: Term often used to refer to an individual receiving mental health services.

Crisis Stabilization Program (CSP): Provides crisis assessment, crisis intervention, and disposition planning for individuals experiencing a psychiatric emergency for both voluntary and involuntary individuals.

Inpatient Services: Services provided while an individual is hospitalized.


Outpatient Services: Services that do not require hospitalization and are received while keeping current living arrangements.

Psychiatric Hold (5150/5585): Allows for involuntary evaluation and treatment of mental health treatment for up to 72 hours. May be mandated by a designated authority when an individual is determined to be a danger to themselves and/or others or gravely disabled due to a mental health issue.

Psychiatric Hospital (PHF): A locked acute psychiatric inpatient program for people who are having a mental health emergency and need more intensive treatment and support.

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Therapist/Psychologist: Licensed professionals who specialize in the treatment of mental health. Therapists and psychologists do not prescribe medication.

Rehabilitation: Services that maintain, or restore an individual's ability to thrive and function. May include the skills, symptom management, and personal and social skills.

Therapy: An intervention that focuses on symptom reduction to improve everyday well-being. Delivered individually, to families, or in group settings.

Stigma: Negative assumptions that society or a person has about something. Examples of mental health stigma include the idea that everyone with mental health issues is dangerous or that they are not reliable or responsible when being considered for a job or housing. Stigmas can discourage individuals from seeking help and jeopardize participation in ongoing treatment, support, or recovery. Fortunately, there are many ways to reduce stigmas and replace them with compassion and empathy. These ways include:

- Thinking and talking about mental health along a spectrum that includes everyone.
- Encouraging individuals to seek help, recognizing that everyone needs support sometimes.
- Making it easy for someone to reach out for or get help.
- Using person-centered language like “a person with schizophrenia” rather than “a schizophrenic.”
- A person is not a diagnosis.
- Promoting and supporting those who are willing to speak about their experiences.
- Supporting accurate representations of mental health and mental illness, such as in the media.
- Getting involved in legislation, advocacy, and activism that challenges stigma and protects the rights, welfare, and dignity of those with lived mental health experiences.

Mental health crises can manifest in different ways for each person and vary across age groups. While individuals may want help, it can be difficult to ask or know how to get it. However, there are some common warning signs that may indicate someone needs help. If you observe any of the following—especially if they are new behaviors—don’t be afraid to speak up.

- Adults
  - Talking about wanting to die
  - Excessive worrying or fear
  - Giving away possessions
  - Extreme mood changes
  - Difficulty concentrating
  - Changes in sleep habits
  - Avoiding friends/social activities

- Youth
  - Changes in school performance
  - Frequent outbursts
  - Excessive worry or anxiety, such as fighting to avoid bed or school
  - Giving away personal belongings
  - Neglecting personal hygiene
  - Disengaging from activities

CRISIS WARNING SIGNS

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

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Additional resources and more information available at: 211santacruzcounty.org and santacruzhealth.org

Design by Dori Ward, dorigraphics.com

Information and resources provided herein verified as of September 2022. This guide is not intended as legal or medical advice or treatment.

www.suicideispreventable.org

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**Confidentiality and Anonymity**

Community resources may offer support confidentially or anonymously. Confidentiality means we will not share information received from you except as allowed by law. Anonymity means no personal or identifying information is collected at all.

**Domestic Violence**

- **Monarch Services—Bilingual Services**
  Support services for survivors of domestic violence and crisis counseling, including one-on-one sessions.
  Call (831) 722-4532 for 24/7 bilingual crisis line.
  Learn more at monarchsc.org

- **UCSC CARE—Campus Advocacy Resources and Education**
  UCSC student support and resources for survivors of sexual assault, dating domestic violence, and stalking.
  CARE is confidential and does not share information with anyone without explicit permission.
  Call (831) 502-2273 or email care@ucsc.edu.
  Request form available at care.ucsc.edu.

- **Walnut Avenue Family and Women’s Center**
  Support for families and survivors of domestic violence, including advocacy, information, support groups, emergency accommodation, and more.
  Call (831) 426-3062 to make an appointment.
  In immediate need of help call (831) 2MFLY (2665)
  Visit the walnutavenue.org website for more information.

- **National Domestic Violence Hotline**
  Advocates are available 24/7 to discuss a relationship and help determine if it might be abusive.
  Call (800) 799-SAFE (7233), text “Start” to 88788, or chat online at thehotline.org.

**Mental Health Support and Counseling/Support Groups**

- **Family Service Agency of the Central Coast**
  Provides counseling, suicide prevention services, and support groups to residents of the Central Coast.
  In Santa Cruz call (831) 423-6444 x200
  In Soquel and South County call (831) 346-6767 x200
  Learn more at fsa-cc.org

- **Cabrillo College**
  Available to Cabrillo Students, Student Health Services provides crisis support, short term counseling, and referrals to community help.
  Call (831) 479-6435 or email healthservices@cabrillo.edu to schedule an appointment.
  cabrillo.edu/student-health-services

- **East Cliff Family Health Center**
  Serves the primary health care needs of men, women, and children regardless of economic status. Offers primary care, pediatric services, mental health education, health coverage enrollment, food access programs, and more.
  Call (831) 427-3500 to make an appointment.

- **Counseling — Individual and Family Support**

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- **Pajaro Valley Prevention and Student Assistance, Inc.**
  Resources for families of PUUSD, offering counseling, substance use disorder support, services, mental health services, and family supportive services.
  See www.pvpsa.org, call (831) 728-6445, or email admin@pvpsa.org.

- **Shine a Loving Counseling Center**
  Nonprofit committed to providing affordable therapy, Shine a Light offers sliding scale options and accepts Medi-Cal and victim compensation payments.
  Request an appointment at shinealight.info or call (831) 996-1222.

- **Para La Gente**
  Provides mental health services, community advocacy, and peer support groups.
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