COMMUNITY RESOURCES

Local grief support, counseling, and resources:

- *A Handbook for Teachers on Supporting Grieving Students* available from Lucile Packard Children’s Hospital Family Guidance and Bereavement Program, 650-497-8175, bereavement@stanfordchildrens.org

- Local clinics that will triage and/or see individuals affected by our local loss:
  - Sutter Health/Palo Alto Medical Foundation, 650-321-4121
  - Lucile Packard Children's Hospital and Clinics, 650-723-5511 (children and teens) and 650-498-9111 (adults)
  - El Camino Hospital ASPIRE Intensive Outpatient Programs, 650-940-7000 (Mountain View); 408-866-4021 (Los Gatos).
  - Mills Peninsula Intensive Outpatient Programs, 650-696-4666.

- Support for individuals who are suicidal or in crisis and those around them:
  - The Santa Clara County Suicide and Crisis Services line, 1-855-278-4204 (available 24 hours, 7 days a week)
  - California Youth Crisis Line, 1-800-843-5200, youthcrisisline.org.
  - Trevor Project Lifeline specializing in crisis help for LGBTQ youth, 1-866-488-7386
  - Uplift Family Services, 877-41-CRISIS (877-412-7474)
  - Text “BAY” or “RENEW” to Crisis Text Line at 74174

- Youth well-being and mental health services
  - Youth-led support groups, with faculty guidance, and on-site mental health services offered by our local schools.
    - Gunn Wellness Center: Gunn High School, P-231, https://linktr.ee/gwellness, 650-354-8214
    - Paly Wellness Center: Palo Alto High School, Main Tower Building, linktr.ee/palywellness
  - Services provided by youth-serving community organizations as well as City of Palo Alto mental health and counseling and PAUSD Wellness Centers & Outreach web pages
    - allcove Palo Alto, 650-798-6330, info@allcove.org, allcove.org/centers/palo-alto/
    - Children’s Health Council (CHC),650-688-3625, www.chconline.org
    - The Gronkowski Center, 650-961-9300, www.gronowskicenter.org
    - HEARD Alliance, www.heardalliance.org. The HEARD Alliance offers a *K-12 Mental Health Promotion and Suicide Prevention toolkit*, which includes an extensive resource list for Santa Clara and San Mateo counties

More resources available at PSN’s website: www.psnyouth.org