



COMMUNITY RESOURCES

Local grief support, counseling, and resources:

- Kara, 650-321-5272, www.kara-grief.org
- [*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 741741
- **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
 - Adolescent Counseling Services (ACS), 650-424-0852, www.acs-teens.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.psn youth.org