

County of Santa Clara Suicide Prevention Program



Suicide Is Preventable

Every person can play an important role in preventing suicides. We need everyone to be engaged in this effort - schools, community organizations, faith-based organizations, businesses, government and the news media.

- Suicide is the most preventable kind of death.
- Most people will show warning signs or talk about their thoughts of suicide.
- Providing support to suicide loss survivors reduces risk and promotes healing after a suicide death.
- Communities can support those struggling with mental health challenges and thoughts of suicide.

Anyone can support people who are in crisis by recognizing the warning signs and applying the QPR method:

Question

whether they are considering suicide

Persuade

them to get help

Refer

them to professional resources

County of Santa Clara Suicide Prevention Program

Our mission is to reduce and prevent suicides in our community. We engage individuals and organizations in evidence-based prevention efforts, and increase awareness about suicide.

Our work includes:

- Training and supervising Suicide and Crisis Hotline volunteers.
- Holding trainings, such as QPR, ASIST, and Mental Health First Aid to equip community members to help those in crisis.
- Conducting public education and awareness campaigns to encourage people to seek help when needed, and to take action to prevent suicide.
- Working with schools to respond and prevent suicides, and to support student wellness.
- Promoting safe and effective messaging and reporting on suicide.

Suicide Prevention Program Achievements

 Answered more than 33,000 calls to the Hotline and launched the Crisis Text Line.

 Trained more than 4,500 people in suicide warning signs and response, in one year.

 Carried out a 10-month sports radio campaign encouraging adult men to access mental health support. The campaign reached more than 738,000 adult men across the Bay Area.

Suicide & Crisis Hotline

1-885-278-4204

Trained Counselors - 24/7
Free and Confidential

Crisis Text Line

Text RENEW to 741741

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Suicide in Santa Clara County

- About 140 people lose their lives to suicide each year.
- Suicide affects people of all ages, with higher rates of suicide among older adults.
- Suicide is a leading cause of injury deaths in young adults ages 20-24.

What You Can Do

If you or someone you know is thinking about suicide, call us. You can also call if you just need someone to talk to.

Get Help

The Suicide and Crisis Hotline provides free, 24/7 access to trained counselors.

1-885-278-4204

The Crisis Text Line provides free, 24/7 support with trained counselors.

Text RENEW to 741741

Know the Signs

Attend a free training on the warning signs of suicide and how to connect a person to help.

Spread the Word

Help educate others about the warning signs of suicide by requesting a training for your community or organization.

Have a Conversation

Stigma often prevents those struggling with suicidal thoughts and mental health challenges from seeking help. If you feel like someone needs support, reach out to them. If they need help, connect us!

Join the Community Effort

Lend a hand to prevent suicides. The Behavioral Health Services Department offers a wide range of volunteer opportunities, including staffing the Hotline, speaking publicly about suicide prevention, and providing input on planning programs.



Contact Us

Community Outreach

408-885-3723

www.sccbhsd.org/suicideprevention

The Suicide Prevention Program is part of the Behavioral Health Services Department, County of Santa Clara, and is funded by California Proposition 63, the Mental Health Services Act.