

# Santa Cruz Suicide Prevention Resources



**Always call 911** If you, or someone you know, is at risk of harm to themselves or others and needs immediate help

## **24-Hour Suicide Crisis Line**

**Toll-free: 1-877-663-5433 (ONE LIFE)**

- If you are feeling suicidal if you know someone who is, if you are worried about someone, or if you have lost someone to suicide... we want you to know that you are not alone— support is available

- **24-hour Multilingual Suicide Crisis Line: 831-458-5300**

## **National Suicide Prevention Lifeline**

- **Call 1-800-273-8255**

## **Mental Health Support Groups**

### **Local Grief support groups**

- Offering weekend retreats focusing on community grief ritual.  
[www.sacredgriefhealing.com](http://www.sacredgriefhealing.com)  
Location: 501 Mission St Santa Cruz, California 95060
- Call **(831) 430-3000** or email [griefsupport@hospicesantacruz.org](mailto:griefsupport@hospicesantacruz.org) to learn which support group works for you

\*Always remember that **YOU ARE NOT ALONE**. There are resources out there for anyone who may need help. We care and want you to **live your life and love your life.**

