

Support Programs for Survivors of Suicide Loss in California

If you have lost someone to suicide, you are not alone. Connecting with other survivors of suicide loss has helped many people find comfort and healing. This directory is intended to help find a support group in your area. Most groups are led by people who have themselves lost someone to suicide.

Please email info@suicideispreventable.org with any comments or questions. *Last updated December 2020.*

Alameda County	
Grief Counseling Program, Crisis Support Services of Alameda County	Web Site: www.crisissupport.org Phone: (800) 260-0094
Paroutaud Suicide Loss Program	Email: susan.futterman@gmail.com Phone: (415) 515-6253
Butte County	
Friends for Survival, Chico	Web Site: www.friendsforsurvival.org Email: info@friendsforsurvival.org Phone: (916) 392-0664 or (800) 646-7322
Contra Costa County	
Survivors of Suicide, Contra Costa Crisis Center	Web Site: www.crisis-center.org Email: grief@crisis-center.org Phone: (800) 833-2900
El Dorado County	
Friends for Survival, Cameron Park	Web Site: www.friendsforsurvival.org Email: info@friendsforsurvival.org Phone: (916) 392-0664 or (800) 646-7322
Fresno County	
Fresno Survivors of Suicide Loss	Web Site: www.fresnosos.org Email: centerforgriefandhealing@hindshospice.org Phone: (559) 322-5877
Kern County	
Bakersfield Survivors of Suicide	Web Site: www.kernbhrs.org/ Email: eeggert@kernbhrs.org Phone: (661) 868-1719
SALT-Save A Life Today	Web Site: https://saltkc.com Phone: (661) 412.2721

Kings County

LOSS (Loving Outreach for Survivors of Suicide) HEAL (Healing Emotions & Affirming Living)	Email: stephanie.bealer@co.kings.ca.us Phone: (559) 852-2975
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Los Angeles County

Survivors after Suicide Bereavement Support Group, Didi Hirsch Mental Health Services	Web Site: http://didihirsch.org Email: rmogil@didihirsch.org Phone: (424) 362-2900
Teen Suicide Bereavement Support Groups and Grief Counseling Survivors of Suicide Attempts Support Groups and Counseling	Web Site: http://didihirsch.org Email: rmogil@didihirsch.org Phone: (424) 362-2911
Survivors of Suicide, Glendale	Contacts: alice.zulli@ah.org or sarkiaA@ah.org Phone: (818) 409-8008
SOLACE, Los Angeles	Email: solace4sas@gmail.com Phone: (562) 810-1040

Marin County

Survivors of Suicide Support Group, San Rafael	Web Site: http://www.buckelew.org Email: SOSinfo@buckelew.org Phone: (415) 492-0614
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Monterey County

WINGS (Warm Interactions Navigating Grief after Suicide), Santa Cruz	Web Site: http://www.suicidepreventionservice.org/ Email: sps24hr@fsa-cc.org Phone: (831) 459-9373
LOSS (Loving Outreach for Survivors of Suicide), Pacific Grove	Web Site: www.suicidepreventionservice.org Email: sps24hr@fsa-cc.org Phone: (831) 459-9373

Orange County

Survivors of Suicide, Garden Grove	Web Site: https://survivorsofsuicide.us Email: jandktoo@socal.rr.com Phone: (714) 539-1429
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Survivors After Suicide Bereavement Support Group, Santa Ana	Web Site: http://didiirsch.org or http://www.ochealthinfo.com/ Email: rmogil@didiirsch.org Phone: (424)362-2900
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Placer County	
Friends for Survival, Roseville/Rocklin	Web Site: www.friendsforsurvival.org Email: info@friendsforsurvival.org Phone: (916) 392-0664 or (800) 646-7322

Riverside County	
Survivors of Suicide Loss, La Mesa	Web Site: http://www.soslsd.org Email: info@soslsd.org Help Line: (619) 482-0297

Sacramento County	
Friends for Survival. Carmichael and Elk Grove	Web Site: www.friendsforsurvival.org Email: info@friendsforsurvival.org Phone: (916) 392-0664 or (800) 646-7322

San Benito County	
WINGS (Warm Interactions Navigating Grief after Suicide), Santa Cruz LOSS (Loving Outreach for Survivors of Suicide), Pacific Grove	Web Site: www.suicidepreventionservice.org Email: sps24hr@fsa-cc.org Phone: (831)459-9373

San Diego County	
Survivors of Suicide Loss Support Groups Otay Mesa - Bilingual Group	Web Site: http://www.soslsd.org Email: info@soslsd.org Help Line: (619)482-0297

San Francisco County	
San Francisco Suicide Prevention	Web site: https://www.sfsuicide.org/ Email: mwhite@felton.org Phone: (415)529-5162, ext.131
Suicide Grief Group	Contact: Van Hedwall, LMFT Email: vhedwall@felton.org ; Phone: (415)288-7111

Traumatic Loss Grief Groups	Website: https://www.ioaging.org Email: info@ioaging.org Phone: (415)750-4111
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San Luis Obispo County

Suicide Bereavement Support Group, San Luis Obispo	Web Site: http://www.hospiceslo.org/support-groups Email: hospiceslo@hospiceslo.org Phone: (805) 544-2266
Transformational Abundance Suicide Loss Support Group, Nipomo	Web Site: https://transformationalabundance.com/suicide-loss-groups Email: laura@transformationalabundance Phone: (805) 723-0488

San Mateo County

Suicide Loss Support Group, San Mateo	Web Site: www.MissionHospice.org Email: istenzel@MissionHospice.org Phone: (650)931-8236
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Santa Clara County

Suicide Loss Support Group, San Jose	Email: learyb@sutterhealth.org Phone: (408) 559-5600 or (408) 559-5614
Survivors of Suicide, Palo Alto	Web Site: http://www.kara-grief.org Email: sue@kara-grief.org Phone: (650) 321-5272
Survivors of Suicide Group, San Jose	Web Site: https://www.sccgov.org/sites/bhd Phone: (408) 885-6216

Santa Cruz County

WINGS (Warm Interactions Navigating Grief after Suicide), Santa Cruz LOSS (Loving Outreach for Survivors of Suicide), Pacific Grove	Web Site: www.suicidepreventionservice.org Email: sps24hr@fsa-cc.org Phone: (831) 459-9373
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Shasta County

Good Grief Suicide Loss Support Group, Redding	Phone: (530)440-6033 Email: marciar@lotuseducationalservices.com
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Sonoma County

Survivors of Suicide, Santa Rosa

Web Site: <http://www.fsa-cc.org/suicide-prevention-service/>
 Email: requarm@sutterhealth.org
 Phone: (707) 535-5780 or (707) 535-5785

Stanislaus County

Friends for Survival, Modesto

Web Site: www.friendsforsurvival.org
 Email: info@friendsforsurvival.org
 Phone: (916) 392-0664 or (800) 646-7322

Sudden Loss Support Group, Modesto

Web Site: heal.hospiceheart.org
 Email: heal@hospiceheart.org
 Phone: (209) 578-6300

Sutter County

Friends for Survival, Yuba City

Web Site: www.friendsforsurvival.org
 Email: info@friendsforsurvival.org
 Phone: (916) 392-0664 or (800) 646-7322

Ventura County

Survivors After Suicide Bereavement Support Group, Newbury Park

Web Site: <http://didiirsch.org>
 Email: rmogil@didihirsch.org
 Phone: (424)362-2912

Yolo County

Friends and Families of Suicide Loss Support Group, Davis

Web Site: <http://www.suicidepreventionyolocounty.org/>
 Email: spyc@sbcglobal.net
 Phone: (530) 756-7542