



Project Safety Net (PSN) mobilizes community support and resources for youth suicide prevention and mental wellness. We are a coalition working on community education, outreach, and training; access to quality youth mental health services; and policy advocacy.



March 5, 2025

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Dear Community,

We write this to share the very sad news of the death of a Palo Alto High School student this past Tuesday. While the death is under investigation, we want to reinforce that there are resources in the community to support you, youth, and community members experiencing loss and grief.

[allcove Palo Alto](#) center (2741 Middlefield Rd, Suite 102, Palo Alto) provides mental health, physical health, and other services for youth ages 12-25. [See their events](#) for this and next week. The center will provide an **in-person grief support session this coming Friday, March 7th, 5 – 6 PM** as well as provide processing spaces virtually and in person over the next two weeks.

The death of a young person in the community is devastating. We want to acknowledge that this is a painful time for our community. A range of emotions such as feeling shaken, sad, fearful, and more, are common. As a community, we can help by connecting with each other, engaging in self-care, and sharing resources. It is important to give space for listening, reflecting, and healing – both for us and for our young people. Here are some resources that might be helpful to support you and your conversations: [Tips for Teens Who are Grieving](#), [Parent's Guide to Talking to Adolescents About Death](#), [community resources](#) to navigate the challenges of loss and grief.

Project Safety Net (PSN) coalition partners are responding to this loss by:

- Connecting with family, friends, and those close to the young person to support them in their grief by activating the local school's Crisis Response Team.
- Communicating the loss and providing resources to families, neighbors, and staff.
- Monitoring and asking that media follow safe reporting guidelines such as recommended by [Reporting on Suicide](#).
- Engaging with Caltrain on important safety enhancements at our train crossings.

The PSN coalition is committed to promoting youth mental health, wellbeing, resiliency, and suicide prevention. Join us in sharing resources which are listed on the following page.

With appreciation,

Peying Lee
Director of Community Partnerships, Project Safety Net



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Community Resources for our local youth, community, and families

Local clinics that will see individuals affected by our local loss:

- Lucile Packard Children's Hospital and Clinics, 650-723-5511 Option 3 (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).
- Children's Health Council RISE DBT Intensive Outpatient Program (ages 13-18), 650-388-3675 or email: rise@chconline.org
- Mills Peninsula Behavioral Health Intake Department, 650-696-4666.

Local grief support, counseling, and resources:

- Kara, 650-321-5272, www.kara-grief.org
- Bill Wilson Center, 408-243-0222, www.billwilsoncenter.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
- [*Grief Support in Santa Clara County resource booklet*](#)
- HEARD Alliance, www.heardalliance.org. The HEARD Alliance offers a [*K-12 Mental Health Promotion and Suicide Prevention toolkit*](#), which offers resources on suicide prevention [and postvention/crisis response for schools](#).
- American Foundation for Suicide Prevention guide on [Children, Teens and Suicide Loss](#)

Youth well-being and mental health services:

- allcove Palo Alto (2741 Middlefield Rd., Palo Alto), 650-798-6330, <https://allcove.org/centers/palo-alto/> and linktr.ee/allcovepaloalto
- Adolescent Counseling Services (ACS), 650-424-0852, www.acs-teens.org
- Outlet, a program of ACS that provides LGBTQIA+ Mental Health Counseling Services, 650-424-0852 ext. 107
- Children's Health Council (CHC), 650-688-3625, www.chconline.org

Support for individuals who are in crisis, suicidal, or are experiencing emotional distress:

- County of Santa Clara Crisis and Suicide Prevention Lifeline, Dial, or text 988 or chat 988 at <https://chat.988lifeline.org/> (available 24 hours, 7 days a week)
- Community Mobile Response Teams, CMRT@hhs.sccgov.org, 5 mobile response program teams that provide support for community members who exhibit mental health symptoms and may be at risk for self-harm or harm to others.
- TRUST (Trusted Response Urgent Support Team), 1-800-704-0900 and press 1, ask for the TRUST team; helps Santa Clara County residents during an urgent mental health or substance use situation without the involvement of law enforcement. Operates 24 hours a day, 7 days a week, 365 days a year.
- NAMI Santa Clara County, 408-453-0400, <https://namisantaclara.org>
- Text HELLO to Crisis Text Line at 741741
- California Youth Crisis Line, 1-800-843-5200, <https://calyouth.org/cycl/>
- Trevor Project Lifeline specializing in crisis help for LGBTQIA+ youth, 1-866-488-7386 or chat at <https://www.thetrevorproject.org/get-help/>

Palo Alto Community Resource Directories:

- Palo Alto Unified School District, www.pausd.org/student-supports/health-wellness/resources
- City of Palo Alto, www.cityofpaloalto.org/bewell

More youth mental health promotion and suicide prevention resources are available at PSN's website:

www.psn youth.org/resources/

Updated March 5, 2025