



## LIST OF MENTAL HEALTH RELATED SUPPORTS

### COMPILED BY ALAMEDA FAMILY SERVICES

#### CRISIS SUPPORT SERVICES

- Crisis Support Services: <https://www.crisissupport.org/>
- Counseling support <https://www.crisissupport.org/programs/grief-counseling>
- 988 24-HOUR Phone Hotline
- 8AM-12AM 7 DAYS/WEEK:
- Text "Safe" to 20121
- HORARIO ESPAÑOL: 5PM – 9PM MARTES-VIENTES
- TEXTEAR "SEGURO" AL NÚMERO 20121

#### PROGRAMS SERVING ADULTS AND YOUTH - GRIEF SUPPORT

1. Kara Grief Center: <https://kara-grief.org/services/peer-support/>
2. **Alameda County Crisis Support** for Alameda County residents: <https://www.crisissupport.org/resources/bereavement/>
3. **Circle of Care – East Bay Agency for Children**  
[www.ebac.org](http://www.ebac.org)  
Alinya Charron, Program Director [510-531-7551](tel:510-531-7551) x3109  
Support Groups for Families with Children  
Some services available in Spanish
4. **Sutter Care at Home**  
Support Groups and Bereavement Programs  
[www.Suttercareathome.org](http://www.Suttercareathome.org)  
Phone: [510-450-8728](tel:510-450-8728)
5. **Hope Hospice**  
Grief Support Groups  
[www.HopeHospice.com](http://www.HopeHospice.com)  
Phone: [925-829-8770](tel:925-829-8770) or [1-800-HOSPICE](tel:1-800-HOSPICE)
6. **Eden Information and Referral (Eden I & R)**  
Phone: [888-886-9660](tel:888-886-9660)

7. **The Contra Costa Grief Center:** 1-800-830-5380  
Offers support due to loss by suicide, murder and other traumatic loss

## YOUTH SPECIFIC GRIEF SUPPORT

1. **Josie's Place:** 415-513-6343 <https://josiesplace.org/>  
Support groups for children of varying ages and parents
2. **Circle of Care:** 510-531-7551 <https://www.ebac.org/services/circle.asp>  
Support groups for children and parents. Offers Spanish language services.
3. **Kara:** 650-321-5272 <https://kara-grief.org/support-for/teens-and-children/>  
Support for children of varying ages. Offers Spanish language services.
4. **Sutter Health:** <https://www.sutterhealth.org/services/home-health-hospice/grief-support-alameda>
5. **Snowline Hospice:** <https://snowlinehospice.org/grief-support/> -Children/Family bereavement program Healing All Together  
Online groups- <https://friendsforsurvival.org/meetings>
6. **YoloCares:** <https://yolocares.org/our-services/center-for-loss-hope/>
7. **Dougy Center:** <https://www.dougy.org/>
8. **Hospice East Bay:** The Bridge Program for Children and Teens, 8-week group, Dawn Torre, Coordinator 925-887-5678  
(THIS IS STARTING. UP IN JAN. 2024, GENERAL GRIEF GROUP -

## ADULT SPECIFIC GRIEF SUPPORT

1. **Josie's Place:** <https://josiesplace.org/>  
Young Adult (ages 18-24) Grief Support Group meets on Zoom every 1st and 3rd Thursday of the month, 7pm to 8:30pm. To register email [info@josiesplace.org](mailto:info@josiesplace.org), go online <https://josiesplace.org/contact>, or call 415-513-6343
2. **Kara:** <https://kara-grief.org/support-for/adults/young-adults/>  
Group and 1:1 Peer Support for ages 18-35

3. **The Dinner Party** (peer support for those ages 21 – 45): <https://www.thedinnerparty.org/>
4. **Kaiser San Francisco**: <https://hospice-ncal.kaiserpermanente.org/support/after-your-loss/sf/>  
Under 40(ish) Drop In-Group

### PRIVATE THERAPISTS WHO SPECIALIZE IN GRIEF COUNSELING

1. Sarah Stroe, LCSW – [sarahstroelcsw.com](http://sarahstroelcsw.com) (used to be on staff at By the Bay Hospice)
2. Beth Logan, LCSW – 925-353-0135 (used to be on staff at Hospice East Bay)
3. Marsha Rusby, MFT (Touchstone Counseling) – 925-932-0150
4. Eliza Cantor, MA (Blue Oak Therapy Center) – 510-649-9818
5. Dr. Nicola Wagenberg – 510-698-2491 (accepts Medicare, also speaks Spanish)

### ARTICLES, PODCASTS, HANDOUTS AND BOOKS

- [The Invisible String Book](#) (for young children and families)
- Tips for Teens who are grieving  
[https://www.dougy.org/assets/uploads/Tips-for-Teens-Who-are-Grieving\\_2023-03-17-201232.pdf](https://www.dougy.org/assets/uploads/Tips-for-Teens-Who-are-Grieving_2023-03-17-201232.pdf)
- "When a Friend Dies: A Book for Teens About Grieving & Healing".  
[https://www.amazon.com/dp/1631984225?psc=1&ref=ppx\\_yo2ov\\_dt\\_b\\_product\\_details](https://www.amazon.com/dp/1631984225?psc=1&ref=ppx_yo2ov_dt_b_product_details)  
It's the style of book where you can just read a page or two at a time, quotes from teens, short sections about a page long about grief from the author. It's not groundbreaking, but something in print and seeing quotes from other teens might feel supportive.
- The Goodbye Book by Todd Parr: <https://www.youtube.com/watch?v=vg2cJIrNKGy>
- Alan Wolfelt, Helping Infants and Toddlers When Someone They Love Dies [http://griefwords.com/index.cgi?action=page&page=articles%2Fhelping26.html&site\\_id=70](http://griefwords.com/index.cgi?action=page&page=articles%2Fhelping26.html&site_id=70)
- Child Mind Institute, Helping Children Deal With Grief: You can't protect your kids from the pain of loss of a loved one, but you can help build healthy coping  
<https://childmind.org/article/helping-children-deal-grief/>
- Sesame Street – Grief (Explaining Death to Children)  
<https://sesameworkshop.org/topics/grief/>
- These resources were developed for military families, but you may find them helpful also  
<https://sesamestreetformilitaryfamilies.org/topic/grief/?ytid=XI4-8ZQ1PRE>

- The Do's and Don'ts of Talking with a Child about Death [the-dos-and-don'ts-talking-child-about-death](#)
- Podcast about coping with grief and loss: <https://eclkc.ohs.acf.hhs.gov/podcast/coping-grief-loss>
- Guiding Adults in Talking to Children About Death and Attending Services: [https://www.nctsn.org/sites/default/files/resources/fact-sheet/guiding\\_adults\\_in\\_talking\\_about\\_death\\_and\\_services.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/guiding_adults_in_talking_about_death_and_services.pdf)
- How to Talk to Kids About Death: <https://childdevelopmentinfo.com/how-to-be-a-parent/communication/talk-to-kids-death/>
- Help Toddlers Cope with Grief and Loss (this has examples of questions and answers, behavior changes, and ways to be supportive to children): <https://www.zerotothree.org/resource/helping-toddlers-cope-with-grief-and-death/>

### ADDITIONAL RESOURCES FOR ADULTS

- <https://sesameworkshop.org/resources/growing-as-we-grieve/>
- <https://good-grief.org/resources/>
- Mental Health America: **Bereavement and Grief**  
<https://www.mhanational.org/bereavement-and-grief>
- American Cancer Society: **Seeking Help and Support for Grief and Loss**
- <https://www.cancer.org/cancer/end-of-life-care/grief-and-loss/depression-and-complicated-grief.html>
- Vanderbilt University Medical Center: **What Do I Say When Someone is Grieving?**  
<https://www.vumc.org/health-wellness/resource-articles/what-do-i-say-when-someone-grieving>
- Losing a Parent to Death in the Early Years: Guidelines for the Treatment of Traumatic Bereavement in Infancy and Early Childhood by Alicia Lieberman - This is a clinical book but may be helpful to some.