



# Suicide Prevention Service of the Central Coast

Suicide Prevention Service is dedicated to providing services that support life and promote the health and safety for all members of the community. We recognize that inclusion, the experience of being accepted and safe, is how we heal from loss. Suicide Prevention Service is a program of Family Service Agency of the Central Coast, a private non-profit serving the community since 1957.

**Serving Monterey, Santa Cruz, and San Benito counties**

## Volunteer Training

Have you considered volunteering?  
Know someone who would be a good fit?



Suicide Crisis Line Volunteer Responder Training takes place in spring and fall each year—our line would not exist without compassionate responders!

Volunteers receive over forty hours of training and learn vital crisis support and suicide intervention skills. Many volunteers describe this experience as life changing and rewarding.

The next volunteer responder training begins on **Tuesday, October 11, 2016**. Please contact our administrative staff at 831-459-9373 or [sps24hr@gmail.com](mailto:sps24hr@gmail.com) for more information.

**Coastal Trail Walk**  
a benefit for suicide prevention

**10th Annual Coastal Trail Walk**  
**Saturday - September 17, 2016**

Window on the Bay Park in Monterey  
[www.coastaltrailwalk.org](http://www.coastaltrailwalk.org)

## Program Updates:

Suicide Prevention Service continues to support local residents through the 24/7 suicide crisis line, community outreach activities (including 2-day Applied Suicide Intervention Skills Trainings, Mental Health First Aid, and safeTALK), and bereavement support groups and services, as an accredited program through the American Association of Suicidology. Staff and volunteers at Suicide Prevention continue to do wonderful things in the community and go on to do important work throughout the Central Coast and in other areas of the state and country. Two of our current staff members are currently completing the Masters in Social Work program at CSUMB, and several volunteers this year have continued on to meaningful job opportunities and graduate level programs—congratulations!

Thank you to everyone who donated to and participated in last year's Coastal Trail Walk. We welcomed nearly 100 walkers and their human and canine family members and friends as we shared stories of hope and healing and raised funding for Suicide Prevention Service. This fall, we are pleased to be hosting our **10th Annual Coastal Trail Walk!** The event follows National Suicide Prevention Awareness Week and is a family-friendly event.

Thank you to our wonderful program volunteers, community partners, and funders—these services truly would not exist without your support!



*Suicide Prevention Service Staff Team at the 2015 CTW*



**24-HR Suicide Crisis Line:**  
Visit us online at:  
**Mail:**  
**Administrative Staff:**

**877-663-5433 (ONE-LIFE) or locally at 831-458-5300**  
**[www.suicidepreventionservice.org](http://www.suicidepreventionservice.org)**  
**Post Office Box 1222 Santa Cruz, CA 95061**  
**831-459-9373 [sps24hr@gmail.com](mailto:sps24hr@gmail.com)**

### Suicide Crisis Line

- From July 2015—June 2016, **43 new volunteer responders** received 40+ hours of training to provide support and suicide and crisis intervention on the 24 hour Suicide Crisis Line.
- During the past year, volunteers responded to over **6,513** calls from individuals who were suicidal, in crisis, or concerned about the safety of someone else. In **over 93% of calls**, the person at risk de-escalated to the point of safety; other callers were connected with another resource to support them in staying safe.
- When queried, **94% of callers** stated that they found the call to be helpful.

### Community Outreach

- From July 2015—June 2016, bilingual outreach personnel provided over **267 presentations and 24 trainings** to 11,830 residents of Monterey, Santa Cruz, and San Benito counties.
- **95% of youth participants** stated on surveys that the outreach activity had a positive impact on their knowledge of suicide warning signs and ability to get help for themselves or another person.
- Program staff and volunteers distributed over **30,704 bilingual, educational materials** to youth and adults across the Central Coast.

“When your fear touches someone’s pain, it becomes pity.  
When your love touches someone’s pain, it become compassion.”  
— Stephen Levine

Suicide Prevention offers group **bereavement support services** for those grieving the death of a loved one from suicide. Support group attendees report that participating in a group can help reduce feelings of isolation, create safety to explore feelings, and empower participants to access resources for themselves and others. Please call our administrative line for more information (831) 459-9373. Currently our groups are for adults 18 and over; please call us to learn about resources for youth.



**We value your input and feedback regarding our program and all of our services!**

To share your feedback and input, please:

-Call the administrative office: (831) 459-9373

-Email staff at: [sps24hr@gmail](mailto:sps24hr@gmail)

OR

-Submit an anonymous feedback form online at: [www.suicidepreventionservice.org](http://www.suicidepreventionservice.org) (select the “Contact Us” page).



WELLNESS • RECOVERY • RESILIENCE



Pain Isn't Always Obvious



[suicideispreventable.org](http://suicideispreventable.org)

LivingWorks

**Suicide Prevention Service is grateful for funding and support from:**

Proposition 63 — the Mental Health Services Act, the counties of Monterey, Santa Cruz, and San Benito, Monterey Peninsula Foundation, Monterey Peninsula Volunteer Services, United Way Santa Cruz County, Harden Foundation, Community Foundation of Monterey County, Community Foundation of San Benito County, United Way San Benito County, Yellow Brick Road Foundation, and the cities of Salinas, Sand City, Santa Cruz, and Watsonville.