



October 29, 2021

Dear Project Safety Net (PSN) Partners and Palo Alto Community Members,

Project Safety Net and the City of Palo Alto are committed to promoting health and preventing suicide in the community. An important combined focus of Project Safety Net, the City, and Palo Alto Unified School District continues to be on youth wellbeing.

We learned that a young adult from our community died on the railways this past Tuesday. The San Mateo County Sheriff's Office Transit Police are still investigating the incident, and the family has asked for privacy. PSN leadership and partners, including the City of Palo Alto, together believe that this is an important moment to reinforce the hope, help, and strength that exists in our community, especially as we enter the holiday season in a post-pandemic environment. PSN partners including the City, are prepared to respond to this loss by:


- Connecting with family, friends, and those impacted by the death.
- Communicating the loss and providing resources to families, caregivers, neighbors, and the workforce.
- Convening PSN Means Restriction Advisory Group to review practices, assess safety efforts, and identify priorities.
- Furthering our collective work through continuous training and sharing resources.

During this time, healing, self-care, and linking to resources are vital for all members of our community. See the second page of this letter for resources to help during this difficult time.


This Monday, November 1st, PSN's Partners Council will have its regular meeting, which will include discussion regarding coalition partners' suicide prevention efforts.

Together, we are grateful to work alongside the caring community members who are dedicated to ensuring the well-being of our young people.

With appreciation,

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Tom DuBois  
City of Palo Alto  
Mayor

DocuSigned by:  
  
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Mary Cheryl B. Gloner, MPH, MBA  
Project Safety Net  
Chief Executive Officer



## COMMUNITY RESOURCES

### Local grief support, counseling, and resources:

- Kara, 650-321-5272, [www.kara-grief.org](http://www.kara-grief.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](mailto:bereavement@stanfordchildrens.org)
- **Local clinics that will triage and/or see individuals affected by our local loss:**
  - Sutter Health/Palo Alto Medical Foundation, 650-321-4121
  - Lucile Packard Children's Hospital and Clinics, 650-723-5511 (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).
  - Mills Peninsula Intensive Outpatient Programs, 650-696-4666.
- **Support for individuals who are suicidal or in crisis and those around them:**
  - The Santa Clara County Suicide and Crisis Services line, 1-855-278-4204 (available 24 hours, 7 days a week)
  - California Youth Crisis Line, 1-800-843-5200, [youthcrisisline.org](http://youthcrisisline.org).
  - Trevor Project Lifeline specializing in crisis help for LGBTQ youth, 1-866-488-7386
  - Uplift Family Services, 877-41-CRISIS (877-412-7474)
  - Text "BAY" or "RENEW" to Crisis Text Line at 741741
- **Youth well-being and mental health services**
  - Youth-led support groups, with faculty guidance, and on-site mental health services offered by our local schools.
    - Gunn Wellness Center: Gunn High School, P-231, <https://linktr.ee/gwellness>, 650-354-8214
    - Paly Wellness Center: Palo Alto High School, Main Tower Building, [linktr.ee/palywellness](https://linktr.ee/palywellness)
  - Services provided by youth-serving community organizations as well as City of Palo Alto [mental health and counseling](#) and PAUSD [Wellness Centers & Outreach](#) web pages
  - allcove Palo Alto, 650-798-6330, [info@allcove.org](mailto:info@allcove.org), [allcove.org/centers/palo-alto/](http://allcove.org/centers/palo-alto/)
  - Children's Health Council (CHC), 650-688-3625, [www.chconline.org](http://www.chconline.org)
  - Adolescent Counseling Services (ACS), 650-424-0852, [www.acs-teens.org](http://www.acs-teens.org).
  - The Gronkowski Center, 650-961-9300, [www.gronowskicenter.org](http://www.gronowskicenter.org)
  - HEARD Alliance, [www.heardalliance.org](http://www.heardalliance.org). The HEARD Alliance offers a [K-12 Mental Health Promotion and Suicide Prevention toolkit](#), which includes an extensive resource list for Santa Clara and San Mateo counties

More resources available at PSN's website: [www.psn youth.org](http://www.psn youth.org)