



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.



Dear Project Safety Net (PSN) Partners,

It is with deep sadness that we share that our community lost a young person on the Caltrain Southern Pacific Railroad tracks this past Tuesday. The circumstances surrounding this tragic incident are still under investigation, and we respect the family's request for privacy during this time of grief. On behalf of PSN, we extend our heartfelt sympathies to the family and friends of the young person. Fear and anger are common personal responses to learning about a young person's death. As a community, it is essential that we foster compassion in our interactions and in the words we use.

2023 – 24 PSN Board

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PSN partners, including coalition leadership, are responding to this loss by:

- Connecting with family, friends, and those close to the young person to support them in their grief.
- Activating the Crisis Intervention Team, providing Palo Alto Unified School District (PAUSD) students and teachers with support, information, and resources.
- Communicating the loss and providing resources to families, caregivers, neighbors, and staff.
- Monitoring and asking that media follow safe reporting guidelines.
- Strengthening the City of Palo Alto's policies on Means Restriction at the railroad tracks. A recent [New York Times \(02-21-2024\)](#) article reports that physical barriers at hotspots around the world, such as the Golden Gate Bridge, are considered the gold standard.
- Furthering our collective work of planning supportive services, including trainings and sharing resources, for the broader Palo Alto community. allcove Palo Alto (2741 Middlefield Road, Suite 102, Palo Alto) will host an in-person grief support for youth ages 12-25 on **Wednesday, February 28, 5-6pm**. They will also offer grief support for parents and guardians on **Friday, March 1, 5-8pm**. Registration is encouraged at linktr.ee/allcovepaloalto. Drop-ins are welcome.

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 a series of resources to help during this difficult time.

PSN is committed to supporting its partners who are responding to the community now. We will continue to vigilantly move forward together to reduce self-harm, normalize conversations around mental health, and sustain youth wellbeing. We are especially grateful to all the dedicated community members who champion young people through their advocacy to:

- Preserve Mental Health Services Act funding, and invest in a high-quality behavioral health system that is inclusive and accessible;
- Integrate mental health and suicide prevention training, not only for the youth, but also for the caring adults in their lives as a core strategy in our practice; and
- Promote means safety and reduce the means to harm oneself through education and policy.

This is an important moment to remind ourselves of the leadership, power, hope, help, and strength that exists in our community.

With appreciation,

Mary Cheryl B. Gloner, MPH, MBA
Chief Executive Officer
She/Her/Siya

Community Resources
For our local youth, community, and families

Support for individuals who are suicidal or in crisis and those around them:

- County of Santa Clara Crisis and Suicide Prevention Lifeline, Dial, or text 988 (available 24 hours, 7 days a week)
- Text RENEW 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 LGBTQ youth, 1-866-488-7386.
- NAMI Santa Clara County, 408-453-0400, <https://namisantaclara.org>

Local grief support, counseling, and resources:

- Kara, 650-321-5272, 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
- County of Santa Clara Santa Clara County's [Grief Support Services](#)
- 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.
- American Foundation for Suicide Prevention guide on [Children, Teens and Suicide Loss](#)

Local clinics that will triage and/or see individuals affected by our local losses:

- 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).
- Mills Peninsula Behavioral Health Intake Department, 650-696-4666.

Youth well-being and mental health services

- allcove Palo Alto, 650-798-6330, <https://allcove.org/centers/palo-alto/>
- Adolescent Counseling Services (ACS), 650-424-0852, www.acs-teens.org.
- Bill Wilson Center, (408) 243-0222, www.billwilsoncenter.org
- Children's Health Council (CHC), 650-688-3625, www.chconline.org
- 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. Operates 24 hours a day, 7 days a week, 365 days a year. Call
- JED Foundation, (212) 647-7544, <https://jedfoundation.org>

More resources available at PSN's website: www.psn youth.org