

Myths About Suicide

MYTH: People who “talk” about suicide, don’t do it.

FACT: Although suicide can be an impulsive act, it is often well thought out and communicated to others, but people ignore the clues.

MYTH: Talking about suicide may give someone the idea to do it.

FACT: Raising the question of suicide without shock or disapproval shows that you are taking the person seriously and responding to their pain.

MYTH: There are more homicides than suicides.

FACT: There are twice as many suicides as there are homicides in the United States.

MYTH: Most suicides are caused by a single dramatic and traumatic event...

FACT: Precipitating factors may trigger a suicidal decision; but more typically, a deeply troubled person has suffered long periods of unhappiness and depression, lacks self respect, has lost the ability to cope with their life, and believes they have no hope for the future.

MYTH: Most suicidal people are certain they want to die ...

FACT: Suicidal people are often undecided about living or dying right up to the last minute; many gamble that others will save them.

MYTH: It is unhelpful to talk about suicide to a person who is depressed...

FACT: A depressed person needs emotional support and empathy. Encouraging them to talk about their suicidal feelings can be therapeutic as a first step.

MYTH: Improvement following a serious personal crisis or serious depression means the risk of suicide is over...

FACT: The risk of suicide may be greatest as the depression lifts. The suicidal person may have new energy to carry out their suicide plan.

This pamphlet has been created by the Suicide and Crisis Foundation of Santa Clara County as part of our mission to promote suicide prevention in our community.

It is intended to serve as list of resources available to those in crisis, and those feeling suicidal, and their friends and families.

This information is only a small sampling of the resources available in Santa Clara County and is by no means complete or exhaustive. Many of the listed organizations offer multi-lingual or translation services.

While we endeavour to ensure that this information is current and accurate at the time of printing, we are not responsible for any of the resources listed. Each agency has their own policies for confidentiality, etc.

**SUICIDE & CRISIS
FOUNDATION**



**Suicide and Crisis Foundation
of Santa Clara County**

*A volunteer based non-profit
organization dedicated to promoting
suicide prevention in the community.*

PO Box 110153
Campbell, CA 95008
www.suicideandcrisis.org

SUICIDE & CRISIS RESOURCES

For
Santa Clara
County



**Suicide and Crisis Foundation
of Santa Clara County**
www.suicideandcrisis.org

WOMEN - DOMESTIC VIOLENCE

Next Door

(408) 279-2962 (24 hours)

Shelter and services for battered women

Center for Healthy Development

(408) 985-8115

Family therapy and domestic violence groups

Battered Women's Support Network

(650) 940-7850

Support services for battered women

Planned Parenthood

(408) 287-7532

Family planning and counseling

Women's Community Clinic

(408) 287-4322

Abortions and medical assistance

CHILDREN & YOUTH

Child Protective Services

(408) 299-2071

Child abuse reporting

Warmline

(408) 279-0303 (24 hours)

Youth hotline

Teen Center

(408) 354-7648

Teen and family counseling

EMQ

(408) 379-9085

Children & Family Services

Santa Clara County Resources

HOTLINES

Suicide and Crisis Service

(408) 279-3312

(408) 683-2482 South County (toll free)

(650) 494-8420 North County (toll free)

24-hour suicide and crisis hotline

1 (800) SUICIDE

(1-800-784-2433)

Nationwide

Rape Crisis

(408) 287-3000 (24 hours)

Rape crisis hotline

Gateway

1 (800) 488-9919

Drug/Alcohol linkage services

Contact

(408) 279-8228

Crisis hotline

Friendship Line

1 (800) 971-0016

Crisis line for senior citizens—Ages 55+

EMERGENCY SERVICES

Emergency Psychiatric Services

(408) 885-6100

Psychiatric consultation and medications

Call Center

1 (800) 704-0900

Access to mental health services

INDIVIDUAL & FAMILY COUNSELING

Alliance Counseling

(408) 293-4489

Alum Rock Counseling Center

(408) 294-0500

Bill Wilson Center

(408) 243-0222

Parenting (YMCA)

(408) 295-4011

San Jose State Family Counseling

(408) 924-5670

OTHER RESOURCES

Centre for Living with Dying

(408) 980-9801

Support services for grieving individuals

Billy de Frank Center

(408) 293-2419

Gay & lesbian support services

Adult Protective Services

(408) 928-3860

24-hour Shelter

1 (800) 774-3583

Shelter referrals

Alcoholics Anonymous

(408) 374-8511