



Dear Friend,

For decades, the Contra Costa Crisis Center has held a unique position in our community as the place to call for help. Our trained volunteers and staff provide support to people who are contemplating suicide, people who urgently need food or shelter, searching for life-saving information, or just need someone to talk to, simply by calling or texting 988. And, with our grief counseling services, we offer free bereavement support groups to anyone mourning the death of a loved one, as well as our mobile grief response services, where we provide support at schools, businesses, and community groups after a traumatic loss of life. The following is an excerpt from a recent call to our call center:

A person called in tears during the midnight hour. Recently located in the area, she found out that her spouse was having an affair with their neighbor. Without a local support system to rely on, she found herself in her car and felt there was no reason to live. She had an immediate plan and means for taking her life that night. Devasted and feeling alone, and as a last resort, she called our crisis and suicide prevention hotline. The call specialist



connected with the caller, provided counseling, offered follow-up, and over time, was able to secure her safety. The caller agreed for the crisis counselor to contact first responders, who later arranged for her transport to a mental health emergency facility to keep her safe.

We share this with you because we are thankful to hear from our callers that we are fully realizing our mission **to keep people alive and safe and to help them through crises**. So many people are suffering in these challenging times, over 72,000 people have called or texted us for help within the past year. The Crisis Center gives volunteers, staff, and you a way to help. We rely on your support to provide our community with these critical, life-affirming services. Now more than ever, we need your help so that we can continue to do this vitally important work.

Your donation to the Contra Costa Crisis Center will help us continue to answer our crisis lines around the clock, provide excellent information and referral services to families in need, and serve grieving children and adults during their most challenging times.

We deeply appreciate all your support!

Wishing you and yours a wonderful holiday season,

A handwritten signature in blue ink that reads "Tom Tamura". The signature is fluid and cursive.

Tom Tamura
Executive Director