Suicide Awareness & Prevention

Didi Hirsch Mental Health Services

Suicide Prevention Center
There is hope and there is help...

Didi Hirsch Mental Health Services

• Founded in 1942
• 11 sites: 10 in Los Angeles County and one in Orange County
• Approximately 500 employees and 200 volunteers
• Serves 70,000 people each year
• Broad range of services

Orange County Suicide Statistics

• 299 suicides in 2012**
  • 37 Asian Pacific Islander
  • 32 Hispanic
  • 10% were 15 to 24 years old**
  • 16% for Asian Pacific Islander
  • 26% for Hispanic
  • Increased middle age suicides*
    • 42 deaths
  • 1,613 Attempts county wide**
    • 63% were female
  • ED treatment costs estimated at $45 million per year*
  • Age group with highest number of attempts was 15 – 19**

**Coroner's report 2012
*SIIS report, OCHCA 2009
**Coroner's report 2012
SPC Suicide Crisis Hotline

- First 24-hour suicide crisis line in the US (1958)
- English and Spanish speaking counselors available 24/7
- Korean and Vietnamese speaking counselors 6:30 pm to 12:30 am
  - Crisis Chat (national network)
  - Crisis Text (Deaf and hard-of-Hearing)
- National Suicide Prevention Lifeline
- Disaster Distress Helpline Core Regional Center for calls and texts (English/Spanish)
  - 60000+ calls/chats/texts annually
  - Three-Tiered Follow-Up Program
  - Accredited by AAS and CONTACT USA

Why people reach out:
Ambivalence

Orange County Demographics

- Total Volume: 7353
- 42% Male, 57% Female
“On a scale of 1 to 5 how likely are you to act on your suicidal thoughts and feelings at this time?” — where 1 represents “not likely” and 5 means “extremely likely” —
Didi Hirsch Mental Health Services/Suicide Prevention Center

SPC Suicide Crisis Hotline

Narrative

Survivor Services

Survivor Support Services

Survivor Services

Survivors After Suicide

Survivor Support Services

Survivor Support Services

New: Adult Survivors Of a Suicide Attempt

2013/2014 Statistics

• 187 group sessions
• 502 individual counseling sessions
• 3,054 participants in training activities
• 26,926 participants served in outreach

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Survivor Support Services

2013/2014 Statistics

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Didi Hirsch’s Survivor Support Services offers the following to children, adolescents, adults and families:

- Individual Suicide Bereavement Counseling
- Family Suicide Bereavement Counseling
- Adult Survivors of a Suicide Attempt Groups
- Suicide Bereavement Support Groups
- Suicide Prevention Trainings

**Educational Presentations**
- Schools
- Religious/Spiritual Organizations
- Volunteer Organizations
- Anyone who wants to become more aware!

**Trainings**
- Mental and Medical Health
- Law Enforcement Professionals
- College Students

**Public Awareness**
- Health and Resource Fairs
- Public Events
- Media Announcements
- Reducing Stigma

**SPC Community Outreach**

**SPC Resources**

- Suicide Prevention Hotline: 1-877-727-4747 (Toll free: OC & LA)
- Survivors Support Services
  - Arabic/Farsi: 1-714-917-0440
  - Korean: 1-714-657-6561
  - Vietnamese: 1-714-839-4441
- English and Spanish: 1-714-547-0885

**Community Outreach-Presentations, trainings, health fairs etc.**
- Arabic/Farsi: 1-714-917-0440
- Korean: 1-714-839-4441
- Vietnamese: 1-714-839-4441
- English and Spanish: 1-714-547-0885
### Community Resources

- 911 Emergency Services
- Suicide Prevention Hotline 1-877-727-4747
- CAT-Centralized Assessment Team 1-866-830-6011
- OC Links (Behavioral Health Services) 1-855-OC-LINKS (1-855-655-4657)
- Warmline Network Services 1-877-910-9276
- Teen Line 1-800-852-8336 (6pm to 10pm)
- Trevor Line (LGBTQI) 1-866-488-7386