# Frequently Asked Questions SURVIVOR SUPPORT SERVICES

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## What is Survivor Support?

Individual and group support for people who have lost a loved one to suicide. A safe place is provided for survivors to talk about their pain and grief without feeling stigmatized.

#### Is there a cost to participate?

There is no cost for all Orange County residents participating in the program as services are funded by the Mental Health Services Act (Proposition 63).

My agency would like to become more aware about suicide, who do I contact? Survivor support staff offer various professional trainings, presentations, and information on suicide prevention and intervention. For more information, please call (714) 547-0885

### In what languages is Survivor Support Services offered?

English, Korean, Vietnamese, and Spanish

#### How can I help?

Participate in:

<u>SafeTalk</u>: a three hour training that teaches skills on how to provide practical help to persons with thoughts of suicide

<u>Assists:</u> a two day training that teaches participants how to recognize when someone may be at risk of suicide and respond in ways that help increase their immediate safety.

Various training opportunities are also offered throughout the year. Please contact Didi Hirsch at (714) 547-0885