

Suicide Awareness & Prevention



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

Suicide Prevention Center

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



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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**

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SIS 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



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SPC Suicide Crisis Hotline

Why people reach out:

Ambivalence

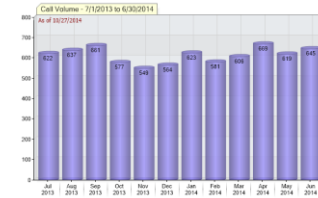


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SPC Suicide Crisis Hotline

Orange County Demographics



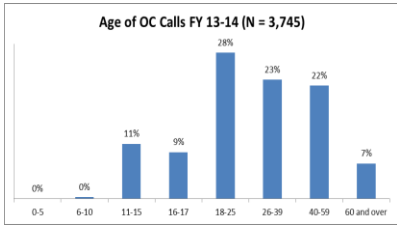
- Total Volume: 7353
- 42 % Male, 57% Female

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Orange County Demographics

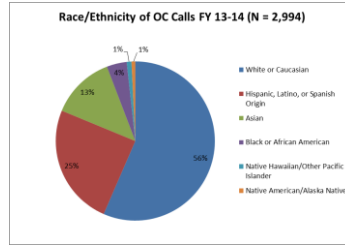


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SPC Suicide Crisis Hotline

Orange County Demographics

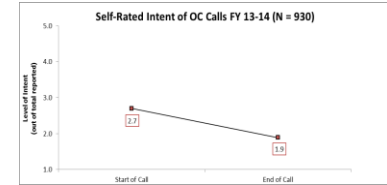


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SPC Suicide Crisis Hotline

Orange County Demographics



“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” —

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SPC Suicide Crisis Hotline

Narrative



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Survivor Services

<ul style="list-style-type: none">Survivors After Suicide 	<ul style="list-style-type: none">Survivor Support Services 	<ul style="list-style-type: none">Survivor Support Languages 	<ul style="list-style-type: none">New: Adult Survivors Of a Suicide Attempt 
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Survivor Support Services

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

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

SIS report, OCHCA 2009
** Coroner's report 2011



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SPC Community Outreach



Educational Presentations	Trainings	Public Awareness
<ul style="list-style-type: none"> • Schools • Religious/Spiritual Organizations • Volunteer Organizations • Anyone who wants to become more aware! 	<ul style="list-style-type: none"> • Mental and Medical Health • Law Enforcement Professionals • College Students 	<ul style="list-style-type: none"> • Health and Resource Fairs • Public Events • Media Announcements • Reducing Stigma

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SPC Resources

- Suicide Prevention Hotline [1-877-727-4747](tel:1-877-727-4747) (Toll free: OC & LA)
- Survivors Support Services
 - Arabic/Farsi: [1-714-917-0440](tel:1-714-917-0440)
 - Korean: [1-714-527-6561](tel:1-714-527-6561)
 - Vietnamese: [1-714-839-4441](tel:1-714-839-4441)
 - English and Spanish: [1-714-547-0885](tel:1-714-547-0885)
- Community Outreach-Presentations, trainings, health fairs etc.
 - Arabic/Farsi: [1-714-917-0440](tel:1-714-917-0440)
 - Korean: [1-714-839-4441](tel:1-714-839-4441)
 - Vietnamese: [1-714-839-4441](tel:1-714-839-4441)
 - English and Spanish: [1-714-547-0885](tel:1-714-547-0885)

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Community Resources

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