



Lighting Up Hope for Suicide Prevention Month

The OC Healthcare Agency will be “lighting up hope” to recognize suicide prevention month by lighting several iconic locations throughout the County in teal and purple. Suicide is the second leading cause of death among children 10-14 and young adults 25-34. But suicide is preventable, and help is out there.

Know the Signs:

- Anxiety, agitation, hopelessness, mood swings, insomnia, social withdrawal
- Talking about feeling worthless, hopeless, trapped or in unbearable pain
- Go to www.suicideispreventable.org for resources

Find the Words:

- Listen, express concern, reassure
- If safe, remove weapons from the home
- Call 9-8-8 for professional guidance

Reach Out for Help:

- Call 9-8-8 for immediate assistance
- Go to www.lightuphopeoc.com for resources
- Go to www.suicideispreventable.org for resources

Light Up Hope OC Locations:

- The Richard M. Nixon Library and Birthplace in Yorba Linda
- The Mission San Juan Capistrano
- The Fullerton Towers
- Huntington Beach Pier
- County of Orange Administrative Buildings in Santa Ana
- The Anaheim Regional Intermodal Transportation Center (ARTIC)
- John Wayne Airport

Learn More at www.lightuphopeoc.com

