Suicide Prevention

Mark Lawrenz

Division Manager

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Suicide Prevention Efforts

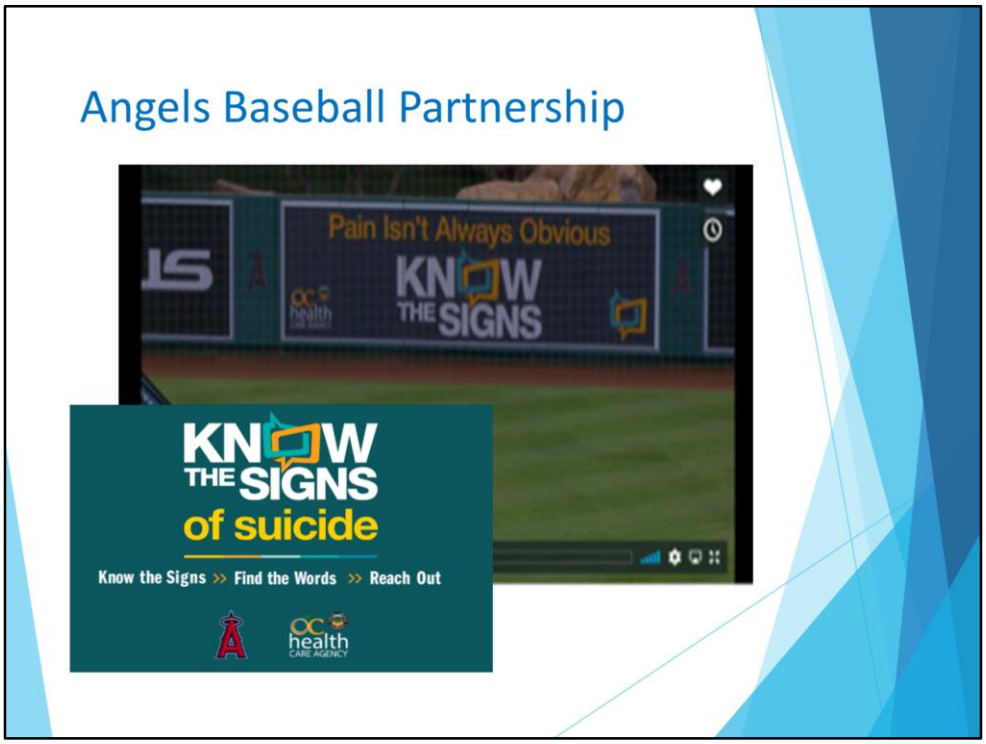
- **Upstream**: increase connectedness, life skills, resiliency, help-seeking behaviors
- **Intervention**: identify and assist, respond to crises, care transitions/linkages, effective care and treatment
- **Postvention:** services and supports after suicide deaths and attempts have occurred

Comprehensive suicide prevention efforts include these three approaches as well as strategies for reducing access to lethal means.

Upstream Efforts
Know the Signs Initiative

- **Know the Signs:** an initiative to prevent suicide:
  - Encourages individuals to know the signs
  - Find the words to talk to someone they are concerned about
  - Reach out to resources
- **Pain isn't always obvious**:
  - How pain is expressed isn't always evident to others
  - While the warning signs can be subtle, they are there
- For more information visit: www.suicideispreventable.org or www.elsuicidioesprevenible.org .

September is **National Suicide Prevention Month**, and there are a variety of virtual promotional events, websites and campaigns promoting this initiative as well as others.



This is an example of how we are promoting the Know the Signs Initiative locally.

Other Upstream Efforts Supporting Suicide Prevention

- School-based programming to promote youth resiliency and connectedness through distance social-emotional learning
- Early intervention services for isolated older adults
- Outreach & Engagement Services for vulnerable communities
- OC WarmLine-expanded 24/7 coverage

The **OC WarmLine** provides 24/7 telephone/chat/text support. These services were expanded during the pandemic to provide additional hours of support: (877) 910-WARM (9276).

Intervention Efforts
Suicide Prevention Lifeline

Suicide Prevention Lifeline: 24/7 immediate, phone, chat, text, suicide prevention services to anyone who is in crisis or experiencing suicidal thoughts.

(800) 273-TALK (8255)

The Suicide Prevention Lifeline also connects Veterans to the **Veterans Crisis Line** as an option.

Intervention Efforts
Crisis Assessment Team

- 24/7 mobile crisis response team
- Provides crisis intervention and evaluation for involuntary hospitalization for any child or adult who is experiencing a psychiatric emergency
- Services include: mental health evaluation, crisis intervention, family support and education, and community referrals

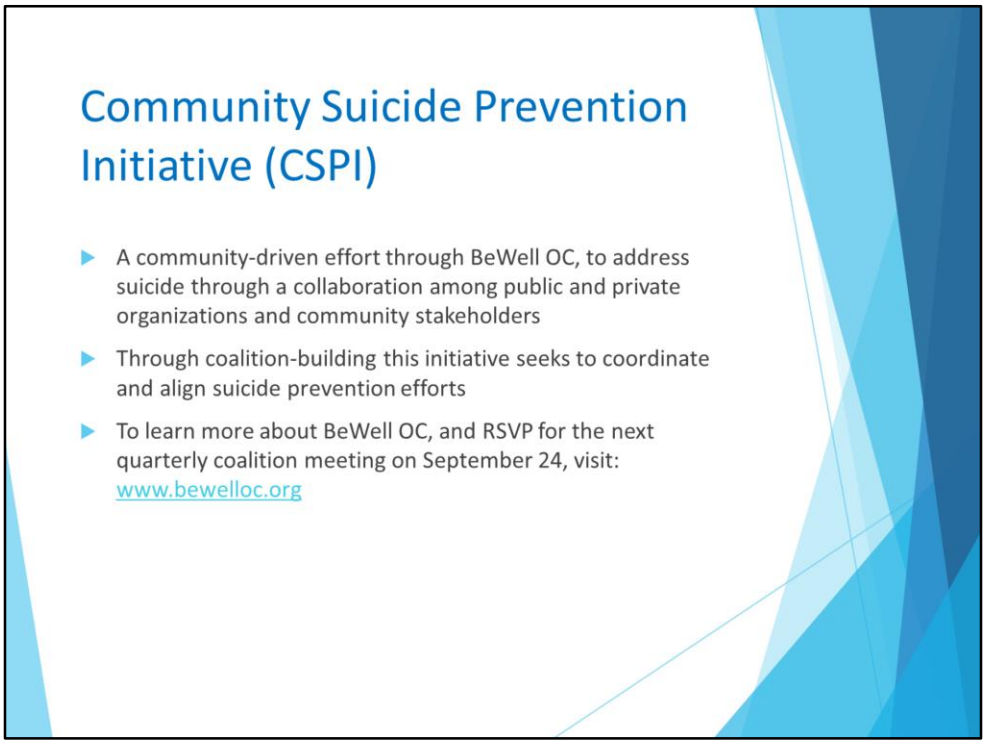
(866) 830-6011

Postvention Efforts
Survivor Support Services

- Individual Suicide Bereavement Counseling
- Family Suicide Bereavement Counseling
- Suicide Bereavement Support Groups (Teens and Adults)
- Suicide Prevention Trainings
- For more information, please call:

(714) 547-0885

Postvention efforts are also key because of the stigma associated with a suicide attempt and/or a suicide death.



By clicking the "Events" tab on the **BeWell OC** homepage, you can scroll down and register for the quarterly coalition meetings.

Contact Information

Orange County | Behavioral Health Information & Referrals

855-OC-Links

(625-4657)

- National Suicide Prevention Lifeline: (800) 273-8255
- OC WarmLine: (877) 910-9276
- BHS Outreach and Engagement Team: (800) 364-2221
- Crisis Assessment Team: (866) 830-6011
- Survivor Support Services: (714) 547-0885

OC Links currently operates Monday-Thursday, from 8am to 8pm, and Fridays, 8am to 6pm. The OC Links Navigators can link callers to any behavioral health service within the Health Care Agency. Chat is also available @ www.ochealthinfo.com/oclinks

Websites

- Know the Signs: www.suicideispreventable.org
- Reconozca Las Senales: www.elsuicidioespreventible.org
- Directing Change Program & Film Contest: www.DirectingChangeCA.org
- County COVID-19 Mental Health Supports: www.ocgov.com/covid
- BeWell OC Homepage and COVID-19 supports-Help Happens Here: www.bewelloc.org

StigmaFreeOC.com

Stigma Free OC is an OC movement to stamp out stigma related to mental illness and substance use disorders. This is important because stigma prevents people from getting the help that they need and/or delay seeking help, which can resulting in tragic consequences. By visiting **www.stigmafreeoc.com**, an individual, organization or city can pledge their support to be stigma free, in support of wellness and recovery in your community. Please take the pledge today!