Suicide Prevention

Mark Lawrenz
Division Manager
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OC health CARE AGENCY
Comprehensive suicide prevention efforts include these three approaches as well as strategies for reducing access to lethal means.
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.
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).
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 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.
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
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!