

**Take Action:
Know the Signs.
Find the Words.
Reach Out.**

THRIVING AT ALL AGES

ORANGE COUNTY
SUICIDE PREVENTION
EVENTS CALENDAR

SEPTEMBER 2022



WELLNESS • RECOVERY • RESILIENCE



StigmaFreeOC



September is Suicide Prevention Awareness Month

In September, we recognize National Suicide Prevention Awareness Month. It's a time to honor those who have died by suicide, show support for suicide attempt survivors and for survivors of suicide loss, and ***learn how we can all take action to prevent suicides***.

National Suicide Prevention Week 2022 begins on September 4 and culminates on September 10 with World Suicide Prevention Day.

Suicide is the second-leading cause of death among 10- to 24-year-olds nationwide. In Orange County, approximately 200 young people ages 15-24 lost their lives to suicide in the five years between 2016 and 2020.

Some groups are at greater risk than others. Gay, lesbian, and bisexual youth in Orange County were much more likely to seriously consider suicide in the past year than straight youth (41% vs. 12%). Other groups at heightened risk for serious suicidal thoughts included multiracial youth, Native Hawaiian and Pacific Islander youth, American Indian and Alaska Native youth, and girls.*

These are preventable deaths, and together—as educators and school staff, as family members, as peers, and as adults who work with youth—we have the power to help young people in Orange County who are considering suicide.

This calendar includes many activities you can participate in during Suicide Prevention Awareness Month. Here are a few easy steps you can take to be there for Orange County youth *right now* and to be ready to help someone who is struggling *in the future*:

- Check out the [OC Student Mental Health Tip Sheet for Families: Youth Suicide & Mental Health Concerns During COVID-19](#), which discusses warning signs, what to say, and OC-specific resources.
- [Spread the word about 988](#), the new 3-digit Suicide and Crisis Lifeline that is available 24/7.
- Take the 90-minute [LivingWorks Youth Summit](#) suicide prevention training that is free to California middle and high school staff, teachers, and students.

*All data from KidsData.org: <https://www.kidsdata.org/topic/34/youth-suicide-and-self-inflicted-injury/summary#jump=related-data>

September is National Suicide Prevention Month. Learn more at <https://takeaction4mh.com/>

StigmaFreeOC

Stigma Free OC is a countywide movement which aims to clear the stigma associated with mental illness and addiction. Stigma can make it difficult to see people for who they really are beyond the conditions they are living with. The campaign is dedicated to raising awareness of these illnesses by creating an environment where people are seen and supported in their efforts to achieve wellness and recovery.

Please visit Stigma Free OC at <https://www.stigmafreeoc.com/>

An Event Calendar is available at <https://www.stigmafreeoc.com/events/>



National Suicide Prevention Month

Orange County Student Mental Health Social Media Plan

TIME: N/A
WHERE: Social Media Posts

September is Suicide Prevention Month! Stay tuned—all September, the Orange County Student Mental Health Team will share resources designed to support students, staff, and families throughout our school communities. We'll also be joining with California Mental Health Services Authority to help you know the signs, find the words, and reach out when someone is in danger. For a special sneak preview, check out the Annual Suicide Prevention Week Activation Kit (<https://www.suicideispreventable.org/prevention-kit.php>) AND the "Know the Signs" website (<https://www.suicideispreventable.org/>).

Social Media Campaign

TIME: Throughout the month of September
WHERE: Promote September as Suicide Prevention Month among all social media platforms.

COASC Social Media Platforms
Facebook- @Council on Aging-Southern California
Instagram- @councilonagingsocal
Twitter- @COA_SC
LinkedIn- @Council on Aging- Southern California
YouTube- @Council on Aging Southern California

Spread the word about suicide prevention and show how we can all take action and make an impact in someone's life. Share #BeThe1To's 5 action steps, as well as resources, tips and messages and a social media campaign throughout National Suicide Prevention Month and beyond.

Learn more at <https://www.bethe1to.com/join/>

Suicide Prevention Social Media Campaign

WHEN: 9:00 a.m. - 9:30 a.m.
September 8, 15, 22, 29, 2022

WHERE: Virtual Social Media Campaign

Contact Rhiannon Doscher for more information and RSVP:
(714) 202-4752 Email: rhiannon@ocmecca.org

Multi-Ethnic Collaboration of Community Agencies (MECCA) will be promoting Suicide Prevention Month through our social media accounts by making posts and doing outreach. The posts will address the importance of suicide prevention and raise awareness. Look on our social media for those posts and feel free to reach out for help or more information. Additionally, you can share our posts!

Student Advocates for Mental Health Social Media Campaign

TIME: Social Media posts throughout September 5-9, 2022

WHERE: Social Media Posts
[@studentadvocatesforMH](#), [@orangecountyFNL](#), [@ocdepal](#)

Student Advocates for Mental Health will develop a weeklong social media campaign to promote suicide prevention.

Effective prevention starts with **you.**

- Make a plan to prevent suicide
- Find a suicide prevention program
- Measure your program's success
- Improve suicide care for your patients
- Create a solid foundation in your state
- Take action after a suicide

988 SUICIDE & CRISIS LIFELINE

If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, 988 provides 24/7 connection to confidential support. There is Hope. Just call or text 988 or chat [988lifeline.org](https://www.988lifeline.org) #988Lifeline

Source: <https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables>

ReConnect Early Intervention Services for Older Adults (EISOA) Suicide Prevention Video

We either
make
ourselves miserable,
or
we make
ourselves strong.

The amount of work
is the same.

- Carlos Castaneda

TIME: Throughout the month of September

WHERE: Promote ReConnect EISOA video highlighting suicide awareness and prevention will be shared on social media platforms:
<https://www.youtube.com/watch?v=VULIbFVo7gc>
COASC Social Media Platforms
Facebook- @Council on Aging-Southern California
Instagram- @councilonagingsocal
Twitter- @COA_SC
LinkedIn- @Council on Aging- Southern California
YouTube- @Council on Aging Southern California

Social Media Post with resources for The National Suicide Hotline, Didi Hirsch, Save Your Anchor, and other Suicide Awareness and Prevention Resources for Transitional Age Youth (TAY)

TIME: September 1, 2022, 8:00 a.m.

WHERE: Laguna Playhouse Instagram and Facebook
<https://www.instagram.com/lagunaplayhouse/>

Suicide Prevention Workshop

TIME: September 16, 2022, 9:00 a.m. - 9:30 a.m.

WHERE: Virtual Social Media Campaign

Multi-Ethnic Collaboration of Community Agencies (MECCA) will be promoting Suicide Prevention Month through our social media accounts by making posts and doing outreach. The posts will talk about the importance of suicide prevention and raise awareness. Look on our social media for those posts, and feel free to reach out for help or more information. Additionally, you can share our posts to those interested in suicide prevention.

Contact Rhiannon Doscher for more information and RSVP:
(714) 202-4752 Email: rhiannon@ocmecca.org

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Didi Hirsch Mental Health Services (DHMHS) Virtual Open House

TIME: 11:00 a.m.- 12:00 p.m.

WHERE: Virtual Zoom Event

Kickstart Suicide Prevention Awareness Month by joining the Didi Hirsch Orange County Training and Outreach Team for a virtual service presentation. Stop by to meet our team and hear a brief presentation on Survivor Support Services.

To register for the event, please visit

https://didihirsch.zoom.us/webinar/register/WN_JzcEBXfjRUujWWPGYqwG9Q.

For more information, please email JConstanza@didihirsch.org.

Social media post with resources for The National Suicide Hotline, Didi Hirsch, Save Your Anchor, and other Suicide Awareness and Prevention Resources for TAY

TIME: 8:00 a.m.

WHERE: Laguna Playhouse Instagram and Facebook

<https://www.instagram.com/lagunaplayhouse/>

Leave what's alive in the furrow, what's dead in yourself, for life does not move in the same way as a group of clouds; from your work you will be able one day to gather yourself.

- Miguel de Unamuno

3

Angel's Fiesta Day Event

TIME: 3:30 p.m.- 6:00 p.m.

WHERE: Angel Stadium
(under the big red hats at the entrance to the stadium)
2000 East Gene Autry Way,
Anaheim, CA 92806

The Los Angeles Angels will be hosting their annual Fiesta Day celebration, just outside the entrance to Angels Stadium, which will include Mariachi dancers, food trucks and a number of venter booths. As part of this event, the Orange County Health Care Agency, Mental Health and Recovery Services will be sharing information with the community on mental health awareness, self-care and promoting emotional health and wellness for the fans attending the game.

*When it is darkest,
we can see the stars.*

-Ralph Waldo Emerson

4-10

Suicide Prevention Social Media Sharing

TIME: Daily posts (with focused posts 9/4/2022-9/10/2022 for Suicide Prevention Week)

WHERE: Connect-OC Coalition social media accounts
Instagram: https://www.instagram.com/connect_oc/
Facebook: <https://www.facebook.com/ConnectOCCoalition>



The Connect-OC Coalition will be sharing Take Action for Mental Health suicide prevention resources. Connect-OC will also share info about local crisis lines (The OC WarmLine - Call or Text: (714) 991-6412), National Suicide Prevention Lifeline 988, and any coalition member/agency events that promote suicide prevention. This will include, but is not limited to, stigmafreeoc.com, Community Suicide Prevention Initiative with Be Well OC, NAMI OC, American Foundation for Suicide Prevention, etc.

Take Action for Suicide Prevention: Know the Signs. Find the Words. Reach Out.

TIME: Varies depending on event date

WHERE: Virtual and In-Person

For more information about our in-person and virtual parenting courses, please call (714) 543-5437 ext. 1933, or visit our website at www.olivecrest.org/parenting.

September 4 through 10, Parenting Education will use 20 minutes of every class to promote and provide resources from the Take Action for Suicide Prevention campaign. Instructors will provide a safe space for discussion. They will also offer time after class for any participants who may need additional support. Instructors will educate participants on checking in, learning more, and accessing support. Additionally, toolkits will be provided at each class.

English and Spanish suicide prevention awareness digital banners are available [HERE: Digital Banners](#)

September is National Suicide Prevention Month. Learn more at <https://takeaction4mh.com/>

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Mental Health Awareness at Angel Stadium

TIME: 12:00 p.m. - 4:30 p.m.

WHERE: Angel Stadium
(under the big red hats at the entrance to the stadium)
2000 East Gene Autry Way,
Anaheim, CA 92806

The Orange County Health Care Agency, Mental Health and Recovery Services will be hosting the Rally Monkey giveaway when the Los Angeles Angels play the Houston Astros. OC HCA will also be on site during the game to share information about mental health awareness, self-care and the promotion of emotional health and wellness.

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Laguna College of Art & Design (LCAD) Student Life Conference

TIME: 12:00 p.m. - 3:00 p.m.

WHERE: LCAD Big Bend Campus,
Laguna Canyon Road

The Laguna Playhouse will partner with LCAD to provide mental health resources and Our Stories Program flyers for college age transitional-aged youth (TAY).

Contact Erin O’Flaherty at (949) 500-0508 or eoflaherty@lagunaplayhouse.com for more info.

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Anxiety Sucks Podcast: What is Suicide Prevention Awareness

TIME: Available starting at 5:00 a.m.

WHERE: Podcast streaming platforms

For more information, please visit the website at:

<https://www.namioc.org/podcast-anxiety-survival>.

Please call Breann if you have any questions: (714) 544-8488.

Email: bdurham@namioc.org

Produced by the National Alliance on Mental Illness Orange County's (NAMI-OC), the Anxiety Sucks podcast is created by young adults for young adults to chat about mental health, pop culture, self-care tips, and more! Join us for a special mini-isode where we discuss Suicide Prevention Awareness Month. Hosts will share the history of this awareness week and month, community resources to check out, and information on how listeners can participate and help raise awareness.



Suicide Prevention Workshop (Khmer)

TIME: 10:00 a.m. - 11:00 a.m.

WHERE: The Cambodian Family 1626 E. 4th Street, Santa Ana, CA 92701

Contact Sokol Roeun for more information and to RSVP:
(714) 571-1967

The Cambodian Family will be hosting a workshop on suicide prevention in Khmer. This workshop will take place in person at their location. They will have an educational component addressing suicide prevention, signs of risk, and how to intervene. The session will then conclude with time for the participants to voice their own ideas, discuss how they can help, and ask additional questions. The team will be able to provide resources and answer questions.

Create an environment where getting help and discussing suicide is something we do before a life is lost and not after.

- Dexter A. Daniels



Suicide Prevention Class: Know the Signs (English)

TIME: 10:00 a.m. - 11:00 a.m.

WHERE: Virtual Workshop

This is a virtual workshop: <https://meet.google.com/ged-nbey-eph>.

Contact Aracely Corona for more information and RSVP:
(714) 823-3447

Email: a.corona@abrazarinc.com

The team at Abrazar is conducting a suicide prevention class. This virtual class will be held in English and will educate attendees on signs that a person may be having thoughts of suicide. The case managers will provide materials for the participants to take home. There will be time for the attendees to ask questions and discuss other concerns they have.

Suicide Prevention Class: Know the Signs (Spanish)

TIME: 12:00 p.m. - 1:00 p.m.

WHERE: Virtual Workshop

This is a virtual workshop: <https://meet.google.com/hzf-mnbx-syg>. Contact Aracely Corona for more information and RSVP:

(714) 823-3447

Email: a.corona@abrazarinc.com

Abrazar will be conducting another suicide prevention class, this time in Spanish. This workshop will be the same as their English workshop but is targeted to the Spanish-speaking community. The team will present in Spanish about knowing the signs of suicidal ideation and learning how to intervene. There will be materials in Spanish for the participants to bring home.



Promoting Emotional Health & Preventing Suicide Workshop

TIME: 1:00 p.m. - 3:00 p.m.

WHERE: Access California Services, 631 S. Brookhurst Street, #107,
Anaheim, CA 92804

Contact Nadia Abdalla for more information and RSVP:
(714) 917-0440
Email: nadiaA@accesscal.org

Access California Services (AccessCal) and their team are conducting a suicide prevention workshop. As part of this event, their therapist will facilitate an informative presentation on suicide, as well as providing group therapy for those who wish to participate. This in-person workshop will raise awareness of suicide and help participants overcome cultural stigma around this topic.

Diversity and Disparity

- Percent of African Americans with Mental Illness: 16%
- Percent of Latinos/Hispanic Americans with Mental Illness: 16%
- Percent of Asian Americans with Mental Illness: 15%
- Percent of Native Americans/Alaskan Natives with Mental Illness: 19%
- Percent of Individuals who Identify as LGBTQIA+ with Mental Illness: 39%
- Percent of people who identify as being two or more races with mental illness: 25%

Sources: <https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/Mental-Health-Disparities/Mental-Health-Facts-for-Diverse-Populations.pdf>
<https://mhanational.org/issues/lgbtq-communities-and-mental-health>

9

Mid-Autumn Festival

TIME: 5:00 p.m. - 9:00 p.m.

WHERE: 8000 Great Park Blvd., Irvine, CA 92618

The Mid-Autumn Festival, also known as Moon Festival or Mooncake Festival, is a traditional festival celebrated by many East and Southeast Asian communities. It is the second-most important holiday after Chinese New Year and dates back over 3,000 years, when the Emperor of China worshipped the moon for bountiful harvests. The community is invited to celebrate this honored tradition with friends and family at Great Park, enjoying live musical and dance performances, cultural exhibits, and a festive atmosphere. The Orange County Asian Pacific Islander Community Alliance team will be there to support and inform community members about the importance of taking care of our mental health and well-being.

Suicide Prevention Class

TIME: 10:00 a.m. - 10:30 a.m.

WHERE: Korean Community Services, 13091 Galway St. #3, Garden Grove, CA 92844

Korean Community Services (KCS) is hosting an in-person workshop to promote Suicide Prevention Awareness Month. It will be conducted in Korean. This workshop will offer information on how to identify people who may be considering suicide, what to do, how to reach out for help, and much more. There will be resources participants can bring home. In addition, there will be an interactive session where attendees can discuss and ask questions.

*I hope you never
fear those mountains
in the distance.
Never settle for the
path of least
resistance.*

- Lee Ann Womack

10

Out of the Darkness Community Walk

TIME: 9:00 a.m.

WHERE: UC Irvine - Aldrich Park

Register at www.afsp.org

This community walk gives people the courage to share their own connections to the cause and provides a platform to create a culture that's smarter about mental health.

American Addiction Institute Mental Health Fair

TIME: 10:00 a.m.- 2:00 p.m.

WHERE: American Addiction Institute
1533 E 4th St., Santa Ana, CA 92701

Contact Erin O'Flaherty at (949) 500-0508 or
eoflaherty@lagunaplayhouse.com for more info.
Or check out www.American-Addiction.com

Laguna Playhouse Teaching Artists will share mental health resources and Our Stories program flyers at the event.

Suicide Prevention: Light a Candle Near a Window

TIME: 8:00 p.m. - 8:30 p.m.

WHERE: Virtual Event

This event will take place virtually on the group WhatsApp social media platform.

Access California Services (AccessCal) is holding a virtual suicide prevention event through WhatsApp for those who cannot make their in-person event. In a private group, each participant will light a candle and place it near a window to honor Suicide Prevention Awareness Month. Participants will engage in virtual chats, send pictures, and be together as a group. The team in charge will also be providing online resources to the group and will provide additional services for those who reach out privately.

10

Candlelight Vigil

TIME: 8:00 p.m.

WHERE: Virtual Event

Join with others around the world by putting a lit candle in your window or on social media at 8:00 p.m. on Saturday, September 10. You can also honor World Suicide Prevention Day by learning about the recent launch of 988, the National Suicide and Crisis Lifeline.

<https://www.suicideispreventable.org/prevention-kit.php>

Laguna College of Art & Design (LCAD) Student Life Conference

TIME: 12:00 p.m. - 3:00 p.m.

WHERE: LCAD Big Bend Campus, Laguna Canyon Road

Contact Erin O'Flaherty at (949) 500-0508 or eoflaherty@lagunaplayhouse.com for more info.

The Laguna Playhouse will partner with LCAD to provide mental health resources and Our Stories Program flyers for college-age Transitional Age Youth (TAY).

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National Suicide Prevention Workshop

TIME: 10:00 a.m. - 11:00 a.m.

WHERE: Virtual Zoom Event

Zoom Meeting ID: 849 214 2017 Passcode: 435710

Contact Hoang Khang Nguy for more information and RSVP at:
(714) 707-1086 or Email: hknguy@southlandintegrated.org

Southland is participating in Suicide Prevention Awareness Month by hosting a virtual workshop for their community. This will be conducted in Vietnamese and will bring awareness to the topic of suicide. This workshop will address suicide prevention by helping participants learn the signs and get more information. Participants can also use time to discuss anything they have concerns about.

*I can be changed
by what happens
to me.*

*But I refuse to be
reduced by it.*

- Maya Angelou

13

You Matter: Suicide Prevention and Awareness

TIME: 12:00 p.m. - 1:00 p.m.

WHERE: Virtual Zoom Event

Register online at:

<https://hipaa.jotform.com/wellnesscity400/suicide-prevention-sep-13>

Or contact: (844) 530-0240. Or email noie@ocapica.org / jgarcia@ocapica.org

*If you ever think
about giving up,
remember why you
held on for so long.*

- Hayley Williams

Have you ever experienced feelings of deep sadness to the point that you began to feel like you didn't matter? Well, YOU MATTER. Join us in this virtual workshop about suicide which covers noticing the signs in yourself and others. Learn how to support yourself and others.

It Takes a Village

TIME: 6:30 p.m. - 8:00 p.m.

WHERE: Virtual Zoom

To Register: <https://us02web.zoom.us/meeting/register/tZlqd-6pqT8rE9LQ4NQEAfusmtEAhjgFIF-f>

Join Start Well for a webinar to learn ways to foster great communication and positive partnerships between families and early childhood educators and providers.

13

Adult Suicide Prevention Training with Didi Hirsch

TIME: 5:00 p.m. - 6:30 p.m.

WHERE: Virtual Zoom

Contact Austin Messick for questions amessick@namioc.org or (714) 544-8488.

Sign up at <https://www.eventbrite.com/o/nami-orange-county-29419534203>

This community training is designed for adults and provides an overview of suicide prevention. Participants learn about the nature of suicide, suicide related statistics, suicide risk factors, and identifying signs, all via Zoom.

Suicide Prevention Workshop (in Vietnamese)

TIME: 1:00 p.m. - 3:00 p.m.

WHERE: Wesley Village, 10882 Stanford Avenue, Garden Grove, CA 92840

For more information, please visit the website Eventbrite page: <https://www.eventbrite.com/e/suicide-prevention-workshop-vietnamese-tickets-403749133527>.

Please email if you have any questions: vvo@coasc.org.

This workshop will include both an educational and socialization piece. The educational part will be an open discussion aimed at helping participants understand more about suicidal risk through statistics, behavior of victims, and culture's impact. The socialization component of the event will include an activity which invites participants to experience a victim of suicide's mindset. This activity will help participants gain a better understanding of what it means to be a shoulder to lean on for someone going through a mental health crisis.

14

Anxiety Sucks Podcast: Panic Attacks

TIME: 5:00 a.m.

LOCATION: Podcast streaming platforms

National Alliance on Mental Illness Orange County's (NAMI-OC) Anxiety Sucks podcast is created by young adults for young adults to chat about mental health, pop culture, self-care tips, and more! On this episode, the hosts and special guests dive into panic attacks. They address what panic attacks are, what can cause one, coping skills, and how to support those who may experience panic attacks. Guests will share their personal stories during the episode.

For more information, please visit the website at:

<https://www.namioc.org/podcast-anxiety-survival>.

Please call Breann if you have any questions: (714) 544-8488.

Email: bdurham@namioc.org

English and Spanish suicide prevention awareness digital banners are available at:

<https://emmresourcecenter.org/resources/may-mental-health-matters-month-2022-digital-banners>

14

Happy Hour Slangtastic Jeopardy

TIME: 6:00 p.m. - 7:00 p.m.

WHERE: Virtual Zoom Event

For more information and to sign up for the event, please visit the website at: <https://www.namioc.org/teens-young-adultsr>. Please call Amanda if you have any questions: (714) 544-8488 or email: awilson@namioc.org

Join National Alliance on Mental Illness Orange County (NAMI-OC) for Jeopardy game night! Test your knowledge of the most popular slang words and phrases throughout the decades. Categories include Totally 80s, Fly 90s, Y2K, On Fleek Teens, and Totes 2020s.

You have an important role in preventing suicide

Make a difference by taking these **5 easy action steps** and joining the worldwide movement to save lives.

- LEARN**
The warning signs, risk factors, & protective factors
- KNOW**
How to help yourself and others
- DO**
Raise awareness, advocate for change, volunteer, & practice self-care
- TALK**
About suicide, dispel myths, and reduce stigma
- SHARE**
Take 5 to Save Lives with at least 5 others

Complete all 5 at [Take5ToSaveLives.org](https://www.take5tosavelives.org)

Toolkit with web banners and images <https://www.take5tosavelives.org/toolkit>

Source: <https://www.take5tosavelives.org/>

September is National Suicide Prevention Month. Learn more at <https://takeaction4mh.com/>

14-16

2022 LASPN 12th Annual Suicide Prevention Summit

TIME: 9/14/2022 - 8:30 a.m. - 4:00 p.m.
9/15/2022 - 8:00 a.m. - 5:00 p.m.
9/16/2022 - 9:00 a.m. - 3:15 p.m.

WHERE: Virtual Zoom Event

Information on how to register can be found at:

<http://lasuicidepreventionnetwork.org/annual-summit-2/>

The Los Angeles Suicide Prevention Network (LASPN) will be hosting our 12th Annual Suicide Prevention Summit. The LASPN Summit brings together the brightest minds in suicide prevention to present talks that foster hope; demonstrate the pathways to hope, support, and connection; and help in understanding the role we all play in suicide prevention.

Suicide experts have long observed that suicide rates tend to decrease in the aftermath of a communal trauma, possibly reflecting the effects of social cohesion and shared suffering.

Source: <https://psychnews.psychiatryonline.org/doi/full/10.1176/appi.pn.2021.6.15>

15

During rough seas, what is your anchor?

TIME: 1:00 p.m. - 4:00 p.m.

WHERE: Northgate Market
2030 E. Lincoln Avenue, Anaheim, CA 92806

Participants will be encouraged to identify who or what keeps them motivated. They will write their responses on an anchor (magnet) to take home. Participants will also take home a resource bag. This in-person event is hosted by the Phoenix House.

**Adult Suicide Prevention Training with Didi Hirsch in Spanish
(Prevencion de Suicidio de Adultos)**

TIME: 5:00 p.m. - 6:30 p.m.

WHERE: Virtual Event

Contact Austin Messick for questions: amessick@namioc.org
or (714) 544-8488.

Sign up at <https://www.eventbrite.com/o/nami-orange-county-29419534203>

Esta breve presentación proporciona una visión general de la prevención del suicidio. Los participantes aprenden sobre la naturaleza del suicidio, estadísticas relacionadas con el suicidio, factores de riesgo de suicidio y señales de advertencia.

16

Pacific Clinics Art & Mental Wellness Fair

TIME: 12:00 p.m. – 4:00 p.m.

WHERE: Pacific Clinic, 401 South Tustin Street, Bldg. B, Orange, CA 92866

Contact Erin O’Flaherty at (949) 500-0508 or eoflaherty@lagunaplayhouse.com for more info.

Laguna Playhouse Teaching Artist will lead interactive and collaborative Art Workshops.

Art & Mental Health Discussion Panel

TIME: 3:00 p.m.

WHERE: Laguna Playhouse Facebook Live

<https://www.Facebook.com/lagunaplayhouse/>

Contact Erin O’Flaherty at (949) 500-0508 or eoflaherty@lagunaplayhouse.com for more info.

Ways to Help —

Start the Conversation, Listen, Express Concern, Reassure:

Before starting a conversation with someone you are concerned about, be prepared. Have a list of crisis resources on hand. Practice what you will say. Plan the conversation for a time when you won't be in a hurry and can spend time with the person.

Ask directly about suicide. Talking about suicide does NOT put the idea in someone's head and usually they are relieved. Asking directly and using the word "suicide" establishes that you and the person at risk are talking about the same thing and lets the person know that you are willing to talk about suicide.

"I can imagine how tough this must be for you. I understand when you say that you aren't sure if you want to live or die. But have you always wanted to die? Well, maybe there's a chance you won't feel this way forever. I can help."

"I'm deeply concerned about you and I want you to know that help is available to get you through this."

Source: <https://www.suicideispreventable.org/>

16

Suicide Prevention Workshop

TIME: 9:00 a.m. - 9:30 a.m.

WHERE: Virtual Social Media Campaign

Multi-Ethnic Collaboration of Community Agencies (MECCA) will be promoting Suicide Prevention Month through our social media accounts by making posts and doing outreach. The posts will talk about the importance of suicide prevention and raise awareness. Look on our social media for those posts, and feel free to reach out for help or more information. Additionally, you can share our posts to those interested in suicide prevention.

Contact Rhiannon Doscher for more information and RSVP:
(714) 202-4752

Email: rhiannon@ocmecca.org

Pacific Clinics Art & Mental Wellness Fair

TIME: 12:00 p.m. - 4:00 p.m.

WHERE: Pacific Clinic, 401 South Tustin Street, Bldg. B, Orange, CA 92866

Laguna Playhouse Teaching Artist will lead interactive and collaborative Art Workshops

Contact Erin O'Flaherty at (949) 500-0508 or email at eoflaherty@lagunaplayhouse.com for more info.

16

Mental Health Awareness at Angel Stadium

TIME: 5:30 p.m. - 9:00 p.m.

WHERE: Angel Stadium, 2000 East Gene Autry Way, Anaheim, CA 92806

The Orange County Health Care Agency, Mental Health and Recovery Services will be hosting the Mike Trout Bobblehead giveaway when the Los Angeles Angels play the Seattle Mariners. OC HCA will also be on site during the game to share information about mental health awareness, self-care and the promotion of emotional health and wellness.

Ways to Help--Create a Safety Plan

Ask the person if they have access to any lethal means (weapons, medications, etc.) and help remove them from the vicinity. (Another friend, family member or law enforcement agent may be needed to assist with this.)

Do not put yourself in danger; if you are concerned about your own safety, call 911.

"Is there someone you can call if you think you may act on your thoughts of suicide?"

"I understand if it feels awkward to go see a counselor. But there is a phone number we can call to talk to somebody. Maybe they can help?"

Source: <https://www.suicideispreventable.org/>

19

Be Strong (in Mandarin)

TIME: 3:00 p.m. - 4:00 p.m.

WHERE: Virtually via Zoom

Community health educator will host a group presentation on warning signs of suicide and community resources for preventing suicide. The presentation will be in Mandarin with English translation if needed. Following the presentation, community health educator will lead a discussion circle with the topic of how to be strong and resilient during difficult situations. The group will conclude with a 15-min breathing exercise.

Please RSVP with email: hwu@coasc.org
Meeting ID: 578 724 4669 Passcode: 12345

General Adult Suicide Prevention Training

TIME: General Adult Suicide Prevention Training

WHERE: Virtual Zoom Event

Didi Hirsch Mental Health Services (DHMHS) in Orange County is hosting a General Adult Suicide Prevention Training. This community training is designed for adults and provides an overview of suicide prevention. Participants learn about the nature of suicide, suicide related statistics, suicide risk factors, and identifying signs.

To register for the event, please visit
<https://didihirsch.zoom.us/meeting/register/tJYrdumgqDwjHdGRBS0n12IZaQkQEXvxCV3W>

For more information, please email
JConstanza@didihirsch.org.

Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, I will try again tomorrow.

- Mary Anne Radmacher

20

The Best Way To
Get Started Is To
Quit Talking And
Begin Doing.

- Walt Disney

When We Think About Giving Up (Suicide Awareness) (Korean Translation Available)

TIME: 10:00 a.m. - 11:00 a.m.

WHERE: OCAPICA (Buena Park Office), 6301 Beach Blvd., Suite 320, Buena Park, CA 90621

For more information, please visit the link at:

<https://hipaa.iotform.com/wellnesscity400/when-we-think-about-giving-up-sep20>

Please call to RSVP: (844) 530-0240. Or email rpark@ocapica.org / kchoi@ocapica.org

There are many instances in life where we may fail or want to give up. Even when we try our best, we may not feel we are up to par with others. Join us in this in-person workshop to learn about suicide, including noticing the signs in yourself and others and learning how to support yourself and others. This workshop will be offered in Korean and English concurrently.

Ask Dr. Jill

TIME: 12:00 p.m. - 1:00 p.m.

WHERE: Facebook Virtual Event

Join us for a conversation about suicide prevention with Dr. Jill Harkavy-Friedman, American Foundation for Suicide Prevention (AFSP) Senior Vice President of Research.

<https://facebook.com/afspnational>

NEARLY 50 M

OR 19.86% OF AMERICAN ADULTS EXPERIENCED A MENTAL ILLNESS IN 2019.

4.58%

OF ADULTS REPORT HAVING SERIOUS THOUGHTS OF SUICIDE. THIS HAS INCREASED EVERY YEAR SINCE 2011-2012.

15.08%

OF YOUTH EXPERIENCED A MAJOR DEPRESSIVE EPISODE IN THE PAST YEAR.

24.7%

OF ADULTS WITH A MENTAL ILLNESS REPORT AN UNMET NEED FOR TREATMENT. THIS NUMBER HAS NOT DECLINED SINCE 2011.

OVER 60%

OF YOUTH WITH MAJOR DEPRESSION DO NOT RECEIVE ANY MENTAL HEALTH TREATMENT.

EVEN IN STATES WITH THE GREATEST ACCESS,

NEARLY 1 IN 3

ARE GOING WITHOUT TREATMENT.

MORE THAN HALF

OF ADULTS WITH A MENTAL ILLNESS DO NOT RECEIVE TREATMENT, TOTALING OVER 27 MILLION U.S. ADULTS.

10.6%

OR OVER 2.5 MILLION YOUTH IN THE U.S. HAVE SEVERE MAJOR DEPRESSION. THIS RATE WAS HIGHEST AMONG YOUTH WHO IDENTIFY AS MORE THAN ONE RACE, AT

EVEN AMONG YOUTH WITH SEVERE DEPRESSION WHO RECEIVE SOME TREATMENT,

ONLY 27%

RECEIVE CONSISTENT CARE. IN STATES WITH THE LEAST ACCESS, ONLY

11.1%

OF AMERICANS WITH A MENTAL ILLNESS ARE UNINSURED, THE SECOND YEAR IN A ROW THAT THIS INDICATOR INCREASED SINCE THE PASSAGE OF THE AFFORDABLE CARE ACT (ACA).

14.5%

12%

RECEIVE CONSISTENT CARE.

8.1%

OF CHILDREN HAD PRIVATE INSURANCE THAT DID NOT COVER MENTAL HEALTH SERVICES, TOTALING 950,000 YOUTH.

Source: <https://mhanational.org/issues/state-mental-health-america>

September is National Suicide Prevention Month. Learn more at <https://takeaction4mh.com/>

21

Creating Hope Through Conversation (in English)

TIME: 10:00 a.m. - 11:30 a.m.

LOCATION: Virtual Zoom event

The Council on Aging (COA) ReConnect is facilitating this two-part activity aimed at creating a safe space for conversation about suicide in older adults, how to identify signs of suicide, and holding onto hope. Following that, there will be a 30-minute breathing exercise.

For more information and to RSVP, please email Christine Tran-Le at ctranle@coasc.org or call (714) 352-8836.

American Foundation for Suicide Prevention (AFSP) Talk Saves Lives with ReConnect- Suicide Prevention Presentation (in English and Spanish)

TIME: 11:00 a.m. - 12:00 p.m.

LOCATION: Linbrook Court-Anaheim
2240 W. Lincoln Ave #214, Anaheim, CA 92801

Council On Aging (COA) ReConnect program will partner with American Foundation for Suicide Prevention, to provide a presentation tailored to Seniors on Suicide Prevention. Resources and educational materials will be distributed to attendees.

For more information, email jbautista@coasc.org or call (714) 352-8820.

21

Like tiny seeds with potent power to push through tough ground and become mighty trees, we hold innate reserves of unimaginable strength. We are resilient.

- Catherine DeVrye,
The Gift of Nature

Suicide Prevention at the Park (in English and Spanish)

TIME: 1:30 p.m. - 3:00 p.m.

WHERE: Florence Joyner Olympiad Park
22760 Olympiad Rd., Mission Viejo, CA 92692

For more information and to RSVP, please email Carolin Zavalza at czavalza@coasc.org or (714) 352-8825.

Participants will meet at the park and wear yellow for Suicide Prevention month. Community Health Educator will present educational trivia questions, provided in English and Spanish. This educational piece will be followed by an arts and craft activity in which they will reflect in relation to suicide awareness month. (Ex: a motivational quote, names/years/symbols they may want to add that is of significance to them.)

Honest Hour: Understanding Suicidal Thoughts

TIME: 6:00 p.m. - 7:00 p.m.

WHERE: Virtual Zoom Event

For more information and to sign up for the event, please visit the website at: <https://www.namioc.org/teens-young-adultsr>. Please call Amanda if you have any questions: (714) 544-8488. Email: awilson@namioc.org

Honest Hour is a safe space to seek answers to your mental health questions and connect through shared experiences. This month we will be talking about suicidal thoughts. Our panel will share some of the warning signs, advice on what to do if you or a friend are experiencing suicidal thoughts, and assistance in locating helpful resources.

Parenting and family skills training approaches have shown promising impacts in preventing key risk factors associated with suicide.

Source: <https://www.cdc.gov/violenceprevention/pdf/suicideTechnicalPackage.pdf>

21

Kim's Convenience Live Theatre Performance & Panel Discussion

TIME: Time varies

LOCATION: Laguna Playhouse Theatre, 606 Laguna Canyon Road, Laguna Beach, CA 92651

Kim's Convenience is a funny and heartfelt production about a family's ups and downs running their convenience store. Tickets to the live performances are free. A Facebook Live Panel discussion to follow on Friday, September 16 at 3:00 p.m. with mental health counselors, specialists, and Transition-Age Youth (TAY) representatives.

<https://lagunaplayhouse.com/2022-2023-mainstage/kims-convenience/>

21-
Oct
12

Virtual Art Workshops with Stephanie

TIME: 5:00 p.m.- 6:30 p.m.

LOCATION: Held via Zoom each Wednesday from September 21 – October 12

Sign up: <https://lagunaplayhouse.com/education-community-engagement/our-stories/>

All Fine Arts and other workshop materials, are offered free of charge through funding from the Orange County Health Care Agency for individuals aged 15 - 24. Laguna Playhouse is excited to share the mental wellness benefits that are gained through experience with the Arts. Once participants have engaged in the workshops, they are also provided with a list of free mental health resources in Orange County, as we work to reduce the stigma of discussing mental health.

22

During rough seas, what is your anchor?

TIME: 1:00 p.m. - 4:00 p.m.

LOCATION: Northgate Market
409 E. 4th Street
Santa Ana, CA 92701

Participants will be encouraged to identify who or what keeps them motivated. They will write their responses on an anchor (magnet) to take home. Participants will also take home a resource bag. This in-person event is hosted by the Phoenix House.

Clinical Suicide Prevention Training

TIME: 10:30 a.m. - 1:30 p.m.

WHERE: Virtual Zoom Event

Didi Hirsch Mental Health Services (DHMHS) in Orange County is hosting a Clinical Suicide Prevention Training. This community training is designed for adults and provides an overview of suicide prevention. Participants learn about the nature of suicide, suicide related statistics, suicide risk factors, and identifying signs.

To register for the event, please visit

<https://didihirsch.zoom.us/meeting/register/tJEgf-6orzIqGdaccKOS9AZyqXi-2pfaEdvi>

For more information, please email LDelfin@didihirsch.org

24

Love Irvine City-Wide Serve Day

TIME: 8:00 a.m. - 12:00 p.m.

WHERE: City of Irvine

<https://loveirvine.org/>

Love Irvine's second annual City-Wide Serve Day is coming! We would like to invite you to organize another service project for this year's Serve Day. Love Irvine is a citywide movement for everyone who loves our city and wants to be part of seeking its peace and prosperity.

We work with nonprofit and for-profit service providers, schools, and government entities (i.e., social workers) to vet out needs that people in our community have. We then connect to churches, businesses, and individuals like you and present those needs as simply and straightforwardly as possible. Our hope is to show you the best ways to love your neighbor.

Celebration Recovery Picnic

TIME: 11:00 a.m. - 3:00 p.m.

WHERE: Hart Park, 701 South Glassell St., Orange, CA 92866

Mental Health Consumers Celebration Recovery Picnic is a free annual event organized by mental health providers and community advocacy/education organizations for their clients/members and their families. It's a fun day, with a BBQ lunch (hot dogs, chili, and chips), carnival games, music, face-painting, and a watermelon-eating contest to celebrate our guests' victories in overcoming life's challenges.

RSVP and reserve lunch by noon on September 21st by calling (714) 547-7559 or email Judyannadams@live.com

24

Art & Mental Health Discussion Panel

TIME: 3:00 p.m.

WHERE: Virtual Facebook Live Event

<https://www.Facebook.com/lagunaplayhouse/>

Contact Erin O’Flaherty at (949) 500-0508 or
eoflaherty@lagunaplayhouse.com for more information.

28

Anxiety Sucks Podcast: Substance Use Prevention

TIME: Available starting at 5:00 a.m.

WHERE: Podcast streaming services

For more information, please visit the website at:

<https://www.namioc.org/podcast-anxiety-survival>.

Please call Breann if you have any questions: (714) 544-8488.

Email: bdurham@namioc.org

National Alliance on Mental Illness Orange County's (NAMI-OC) Anxiety Sucks podcast is created by young adults for young adults to chat about mental health, pop culture, self-care tips, and more! On this episode, hosts and special guests dive into substance use and its influence on mental health. We will cover feeling pressured, how it can affect relationships, and the connection between substance use and mental health.

Wellness Fair

TIME: 12:00 p.m. - 3:00 p.m.

WHERE: St. Andrews Presbyterian Church

Wellness fair for high school students.

*People, even more
than things, have to
be restored, renewed,
revived, reclaimed and
redeemed. Never
throw anyone out.*

- Audrey Hepburn

30

Connect-OC Coalition Meeting

TIME: 10:00 a.m. - 11:30 a.m.

WHERE: Virtual Zoom Event

Contact David Paddison at dpaddison@p4w.org to register and to be added to our email distribution list.

Meetings are intended to educate participants about mental health topics related to the Transition-Age Youth population. Meetings are open to all local Orange County mental health professionals/providers; local Orange County young adults 16-24; and local Orange County high school/college staff, faculty, professors. Meeting agendas and Zoom links are emailed the week of the meeting.

Veterans' Health and Wellness Summit

TIME: 7:30 a.m. - 4:30 p.m.

WHERE: UCI Student Center, Pacific Ballroom
311 West Peltason Drive
Irvine, CA 92697

RSVP through Eventbrite:

<https://www.eventbrite.com/e/2022-veteran-health-and-wellness-summit-tickets-336790297847>

The Orange County Health Care Agency, United States Department of Veterans Affairs Long Beach, University of California Irvine, and Orange County Veteran and Military Family Collaborative are partnering to present this year's Veterans Health and Wellness Summit. The goal of this annual Summit is to educate and promote continuity of care for veterans and their families in OC and surrounding areas focusing on physical health, mental health, and evidence-based alternative therapies.

*There is beauty in
the journey,
regardless of the
outcome. Let's grieve
and hope and fight
together.*

- Marie White

Veteran Statistics:

- Veterans are at a 50% higher risk of suicide than their non-Veteran peers.
- The suicide rate among Veterans is 1.5 times greater than the non-Veteran population, ages 18+, with 6,000 Veterans dying by suicide each year.
- Since 2006, there has been an 86% increase in the suicide rate among 18-34-year-old male Veterans.
- The suicide rate for Veterans in the LGBTQ+ community is up to 7x higher than for non-LGBTQ+ Veterans.
- Despite accounting for just 7.9% of the population, Veterans account for 13.5% of all suicide deaths in the U.S.

Source: Stop Soldier Suicide, AFSP



THANK YOU
TO ALL VETERANS
— AND THOSE —
CURRENTLY SERVING
— IN THE ARMED FORCES —

September is National Suicide Prevention Month. Learn more at <https://takeaction4mh.com/>

RESOURCES

OC Links

Phone: (855) OC-LINKS (855-625-4657)

Website: www.ochealthinfo.com/oclinks

Languages: English, Spanish, Vietnamese, Farsi, Arabic, Korean; Interpretation for other languages is available via a language translation service.

Hours: 24/7.

OC Links is a 24/7 information and referral and Crisis Assessment phone line and online chat service to help navigate the Mental Health and Recovery Services (MHRS) system within the OC Health Care Agency. Callers are connected to clinical Navigators who are knowledgeable in every mental health as well as drug and alcohol use program within the MHRS system. This includes children and adult mental health, alcohol and drug inpatient and outpatient programs, crisis services, outreach and engagement, and prevention/early intervention programs. Once a program is identified, the Navigator will make every effort to link the caller directly to that program while still on the call.

Crisis Assessment Team (Health Care Agency)

This is now provided by OC Links (855) 625-4657

Children's CAT Website: http://ochealthinfo.com/bhs/about/cys/crisis_services

Adult CAT Website: <http://www.ochealthinfo.com/bhs/about/aobh/catpert>

Languages: Spanish, Vietnamese, Korean and Farsi languages available

Hours: 24 hours a day, 7 days a week

The Crisis Assessment Team (CAT) assists individuals of all ages who are having a psychiatric emergency, are at psychiatric risk, as well as anyone needing psychiatric hospitalization. It's comprised of licensed clinical social workers, marriage and family therapists, and behavioral health specialists who respond to any psychiatric emergency call throughout Orange County. The team can respond to private residences, police stations, clinics, private medical offices, on the street and in the community. Its staff is available to both law enforcement and hospital emergency rooms for intervention with the seriously mentally ill. In addition, CAT members provide information and referrals for family members to community support services.

Survivor's Support Services

Phone: (714) 547-0885

Website: didihirsch.org

Languages: English, Spanish, Korean

The Survivor Support Services program provides support for those who have survived a loved one's suicide, attempted suicide, have suicidal ideation and/or was discharged from the Orange County area IOP/BHP hospital units. The program educates the community on suicide prevention and intervention. These services include crisis support bereavement groups, crisis assessment and support, individual and group support sessions, emergency interventions, step-down intervention services and referrals for follow-up care

Suicide & Crisis Lifeline

Phone: 988 or (800) 273-TALK (8255)

Website: didihirsch.org

The Suicide & Crisis Lifeline provides 24-hour, immediate, confidential over-the-phone suicide prevention services to anyone who is in crisis or experiencing suicidal thoughts. The line is also available to support those concerned about others who may be at risk.

Languages: English and Spanish. Korean counselors are available 4:30 pm - 12:30 am daily at (877) 727-4747 with the availability to transfer to a Multilanguage Line (interpretation of other languages is available upon request).

Crisis Chat: didihirsch.org/chat

Know the Signs/National Suicide Prevention Lifeline

Website: www.suicideispreventable.org (website information is also in Spanish)

Hours: 24 hours a day, 7 days a week

Learn about more signs of suicide, the words to use to voice concern to those who may be thinking of suicide, and how to get help at www.suicideispreventable.org/

NAMI WarmLine (Orange County)

Phone: (877) 910-WARM (877-910-9276)

Website: www.namioc.org/

Languages: Services are available in English, Spanish, Vietnamese, Farsi and other languages.

Hours: 24/7

The NAMI WarmLine is a 24/7, toll-free, non-crisis telephone support, text and internet chat service for anyone struggling with behavioral health issues with a goal of increasing access to mental health support and resources. The WarmLine provides mental health supportive services, education and resources for Orange County families, and those affected by behavioral health issues.

Teen Line (6 pm to 10 pm)

Phone: (800) 852-8336

(Off-hours covered by the Suicide Prevention Crisis Line)

Trevor Line (LGBTQ Youth)

Phone: (866) 488-7386