



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:

- Putting affairs in order / giving away possessions
- Anxiety, agitation, anger, hopelessness, sudden mood changes
- 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

Learn More at www.lightuphopeoc.com

