



# RECONNECT, REENTER & REBUILD

*"You will face many  
defeats in your life, but never let  
yourself be defeated."  
-Maya Angelou*

## ORANGE COUNTY SUICIDE PREVENTION EVENTS CALENDAR

### SEPTEMBER 2021



**StigmaFreeOC**



## An Historical View of Suicide Prevention September is Suicide Prevention Awareness Month

Few topics are as difficult to approach and discuss as suicide. The first recorded suicide note dates back to about 2040 BCE in ancient Egypt. The ancient Greeks and Hindus both wrote about suicide, and some ancient cultures even required suicide as punishment for losses in battle or other transgressions. The Greek philosopher, Socrates, was sentenced to drink hemlock and cause his own death. Attitudes about suicide began to change approximately 1,500 years ago, when religious authorities took a grim view of suicide. Today, some researchers trace part of the shame surrounding suicide and why it is frequently under-reported to these early prohibitions, which often led suicide victims and their families to be shunned. Western thinking shifted again in the 17<sup>th</sup> and 18<sup>th</sup> centuries, as suicide became linked with medical and later mental health issues, as well as how individuals experienced disconnections from society.

But suicide remains a difficult and frequently taboo topic. Advances in neurobiology have helped researchers and medical professionals better understand genetic links, predispositions, and responses to stress, and what role they play in suicidal thoughts and acts. It was not until 1956 that the U.S.'s first suicide prevention center opened in Los Angeles, and another eight years later the National Institutes of Mental Health (NIMH) explicitly dedicated a group to suicide prevention. World Suicide Day began on September 10, 1975. Nevertheless, between 1960 and 1980, suicide rates among youth ages 15-24 rose 136%. It was only in the mid-1990s that suicide began to attract sustained, national attention in the U.S. In 1998, both the U.S. House and Senate had passed resolutions declaring suicide a national problem and identifying suicide prevention as a national priority. In 1999, U.S. Surgeon General, Doctor David Satcher issued the landmark report, a Call to Action to Prevent Suicide, providing a blueprint for addressing suicide prevention in the nation.

Major advances came in the early 2000s. SAMHSA introduced the first suicide prevention lifeline and the first national resource center on suicide prevention. President George W. Bush also established the New Freedom Commission on Mental Health in 2002 to study the entire mental health delivery system; it made key suicide prevention recommendations. In 2004, Congress passed the Garrett Lee Smith Memorial Act, named for Oregon Senator Gordon Smith's son, a college student who died by suicide. It created the first federal grant program specifically focused on suicide prevention. Most recently, a bipartisan bill was signed into law creating the three-digit number for mental health emergencies. The Federal Communications Commission selected 988 as the hotline number and aims to have it up and running by July 2022 making it easier for millions of Americans to call for help during a crisis.

Today, suicide remains the second leading cause of death among people ages 10-34 and the tenth leading cause of death overall. Although suicide can affect anyone, certain groups are at higher risk. According to the Centers for Disease Control and Prevention (CDC) and NIMH data, females are more likely to attempt suicide, but males are four times as likely to die. At highest risk are lesbian, gay, and bisexual youth, as well as transgender adults.

American Indian/Alaska Native and non-Hispanic whites have the highest community suicide rates. Military veterans have double the suicide rates of non-veterans, and more active-duty soldiers have died from suicide than from combat fatalities in Iraq and Afghanistan. According to the CDC, nearly 50,000 people die by suicide

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

each year in the U.S., and firearms account for nearly half of all suicide deaths. Some 90% of suicide victims display signs of mental illness. This September is National Suicide Prevention Month; the theme from NAMI (National Alliance on Mental Illness) is “It’s Okay to Talk About Suicide.” According to NAMI, “suicidal thoughts, although common, should not be considered normal.” The National Institutes on Mental Health have also launched the BeThe1toHelp program to help anyone respond to another person in emotional pain. Here are five key steps everyone can take to help:

1. **ASK:** “Are you thinking about killing yourself?” It’s not an easy question, but studies show that [asking at-risk individuals](#) if they are suicidal does not increase suicides or suicidal thoughts.
2. **KEEP THEM SAFE:** Reducing a suicidal person’s access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.
3. **BE THERE:** Listen carefully and learn what the individual is thinking and feeling. Research suggests [acknowledging and talking about suicide](#) may [reduce rather than increase](#) suicidal thoughts.
4. **HELP THEM CONNECT:** Save the National Suicide Prevention Lifeline’s number (1-800-273-TALK (8255)) and the Crisis Text Line’s number (741741) in your phone, so it’s there when you need it. You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor, or mental health professional.
5. **STAY CONNECTED:** Staying in touch after a crisis or after being discharged from care can make a difference. [Studies have shown](#) the number of suicide deaths goes down when someone follows up with the at-risk person.

More information, including a comprehensive list of risk factors and how to identify someone at risk and where to get help can be found at <https://www.nimh.nih.gov/health/topics/suicide-prevention>. In addition to National Suicide Prevention Month, National Suicide Prevention Week runs from September 5-11, and World Suicide Prevention Day is September 10.

By Colleen Reilly and Gabriela Rodriguez  
As part of the Community Networking Project  
Published August 18, 2021

For more information and to sign up for The HUB, the Community Networking newsletter, contact Gabriela @ [gabriela@reillygroupinc.com](mailto:gabriela@reillygroupinc.com)

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# 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 created 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/>

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## National Suicide Prevention Month

### Connect-OC Suicide Prevention Social Media Campaign

*Partners4Wellness, Connect-OC*

**TIME:** During September, Partners4Wellness, Connect-OC will post several times a week on Instagram, Facebook, and Twitter.

**WHERE:**

Instagram: [https://www.instagram.com/connect\\_oc/](https://www.instagram.com/connect_oc/)

Facebook: <https://www.facebook.com/ConnectOCCoalition>

Twitter: [https://twitter.com/connect\\_oc](https://twitter.com/connect_oc)

Connect-OC will be kicking off a social media campaign to support Suicide Prevention. The overarching theme for the month will be "Crisis Response" and the goal will be to educate followers on the different Orange County mental health crisis response efforts and reduce misconceptions and stigma surrounding reaching out for help during a mental health crisis.

For more information or if you have any questions please contact David Paddison

Email: [dpaddison@p4w.org](mailto:dpaddison@p4w.org)

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

MARIE WHITE

### Suicide Prevention Instagram Campaign

*Phoenix House BHIS*

**TIME:** September 1-7, 2021

**WHERE:**

BHIS Instagram @Phoenixhousebhis

BHIS will run a suicide prevention campaign on their Instagram. Each week will focus on different areas related to the impact of suicide in the community:

1. Extending resources to individuals who have suicidal ideation or thoughts of self-harm.
2. Honoring those who are suicide attempt survivors.
3. Showing empathy to those who have lost a loved one to suicide.
4. Reducing mental health stigma.

CREATE your own SOCIAL MEDIA POSTS!! Visit [Social Media](#)

Post and tweet! Facebook, Instagram, and Twitter pre-written posts, graphics and videos are provided in English and Spanish.

September is National Suicide Prevention Month.

Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)



**Suicide Prevention Coffee coasters**

*Phoenix House BHIS*

**TIME:** All Month

**WHERE:** The Lost Bean  
13011 Newport Ave  
Tustin, CA 92780

For more information, please email:  
[bhisleadership@phoenixhouseca.org](mailto:bhisleadership@phoenixhouseca.org).

BHIS staff has curated a unique coffee coaster to highlight the warning signs of suicide and provide a resource hotline number (Crisis Prevention Hotline). The coasters will be shared with local coffee shops that are willing to participate and pass along resources.

Coffee shops interested in participating in the distribution of the BHIS coffee coasters will receive a folder filled with Mental Health Resources and Suicide Resources to distribute as needed.

Choosing  
whether you respond  
to the situation  
as a negative or  
as an opportunity  
to react with  
a new  
and  
different  
perspective  
sets in motion the  
course of what  
happens.

MICHAEL NULTY

**Laguna Playhouse Suicide Prevention Social Media Campaign**

*The Laguna Playhouse*

**TIME:** Social Media posts throughout the month of September

**WHERE:** Laguna Playhouse Facebook & IG accounts  
<https://www.facebook.com/thelagunaplayhouse>  
<https://www.instagram.com/lagunaplayhouse/>

Posting about The Laguna Playhouse Youth Theatre & Suicide Prevention. Mental Health Resources for the Community.

## CONNECTION TO OPIOID USE & ABUSE?

Secondary data shows that half of all opioid-related deaths among people aged 65 and older in Orange County between 2014 and 2016 were ruled suicides.

SOURCE: [2019 Community Health Needs Assessment Kaiser Foundation Hospital: Anaheim and Irvine](#)

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

The amount of  
work is the same.

CARLOS CASTANEDA

**Re Connect EISOA Suicide Prevention Video**

*Council on Aging Southern California*

**TIME:** Social Media posting throughout the month of September on COASC Social Media Platforms

**WHERE:** COASC Social Media Platforms  
(Facebook, Instagram, Twitter, LinkedIn, YouTube)  
Promote Re Connect EISOA video highlighting suicide awareness and prevention.

**Social Media Campaign**

*Council on Aging Southern California*

**TIME:** Social Media posting throughout the month of September on COASC Social Media Platforms

**WHERE:** COASC Social Media Platforms  
(Facebook, Instagram, Twitter, LinkedIn, YouTube)

Promote September and Suicide Prevention Awareness amongst all social media platforms.

**WHAT SHOULD I DO IF I AM IN CRISIS  
OR SOMEONE I KNOW IS CONSIDERING SUICIDE?**

If you or someone you know has warning signs or symptoms of suicide,  
particularly if there is a change in the behavior or a new behavior,  
**get help as soon as possible.**

Often, family and friends are the first to recognize the warning signs of suicide and can take the first step toward helping an at-risk individual find treatment with someone who specializes in diagnosing and treating mental health conditions. If someone is telling you that they are going to kill themselves, do not leave them alone. Do not promise anyone that you will keep their suicidal thoughts a secret. Make sure to tell a trusted friend or family member, or if you are a student, an adult with whom you feel comfortable.

SOURCE: [https://www.nimh.nih.gov/health/publications/suicide-faq/tr18-6389-suicideinamericafaq\\_149986.pdf](https://www.nimh.nih.gov/health/publications/suicide-faq/tr18-6389-suicideinamericafaq_149986.pdf)

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## WHAT IF SOMEONE IS POSTING SUICIDAL MESSAGES ON SOCIAL MEDIA?

Knowing how to get help for a friend posting suicidal messages on social media can save a life. Many social media sites have a process to report suicidal content and get help for the person posting the message. In addition, many of the social media sites use their analytic capabilities to identify and help report suicidal posts. Each offers different options on how to respond if you see concerning posts about suicide.

For example:

- Facebook Suicide Prevention webpage can be found at [www.facebook.com/help/](https://www.facebook.com/help/) [use the search term “suicide” or “suicide prevention”].
- Instagram uses automated tools in the app to provide resources, which can also be found online at <https://help.instagram.com> [use the search term, “suicide,” self-injury,” or “suicide prevention”].
- Snapchat’s Support provides guidance at <https://support.snapchat.com> [use the search term, “suicide” or “suicide prevention”].
- Tumblr Counseling and Prevention Resources webpage can be found at <https://tumblr.zendesk.com> [use the search term “counseling” or “prevention,” then click on “Counseling and prevention resources”].
- Twitter’s Best Practices in Dealing With Self-Harm and Suicide at <https://support.twitter.com> [use the search term “suicide,” “self-harm,” or “suicide prevention”].
- YouTube’s Safety Center webpage can be found at <https://support.google.com/youtube> [use the search term “suicide and self-injury”].

If you see messages or live streaming suicidal behavior on social media, call 911 or contact the toll-free National Suicide Prevention Lifeline at 1 (800) 273-TALK (8255), or text the Crisis Text Line (text HOME to 741741) available 24 hours a day, 7 days a week.

Deaf and hard-of-hearing individuals can contact the Lifeline via TTY at 1 (800) 799-4889. All calls are confidential. This service is available to everyone. People—even strangers—have saved lives by being vigilant.

SOURCE: [https://www.nimh.nih.gov/health/publications/suicide-faq/tr18-6389-suicideinamericafaq\\_149986.pdf](https://www.nimh.nih.gov/health/publications/suicide-faq/tr18-6389-suicideinamericafaq_149986.pdf)



# 1

You are learning  
to be fearless  
and becoming  
who you were  
always meant to be.

MARIE WHITE

**Street Outreach**

*Asian Pacific AIDS Intervention Team (APAIT)*

**TIME:** 11:00 a.m. – 1:00 p.m.

**WHERE:** Rodeo 39 Public Market  
12885 Beach Blvd  
Stanton, CA 90680  
United States

The Asian Pacific AIDS Intervention Team (APAIT) Outreach and Engagement team will be distributing Suicide Prevention Awareness materials to participants.

**Street Outreach**

*Asian Pacific AIDS Intervention Team (APAIT)*

**TIME:** 11:00 a.m. – 1:00 p.m.

**WHERE:** Packing District LLC  
440 S Anaheim Blvd  
Anaheim, CA 92805

The Asian Pacific AIDS Intervention Team (APAIT) Outreach and Engagement team will be distributing Suicide Prevention Awareness materials to participants.

*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*

# 1

## Suicide Prevention Awareness Street Outreach

*Asian Pacific AIDS Intervention Team (APAIT)*

**TIME:** 6:00 p.m. – 9:00 p.m.

**WHERE:** Laguna Beach First Thursdays Art Walk  
891 Laguna Canyon Rd  
Laguna Beach, CA  
92651

The Asian Pacific AIDS Intervention Team (APAIT) Outreach and Engagement team will be distributing Suicide Prevention Awareness material to participants.

## What Are the Warning Signs of Suicide?

The behaviors listed below may be signs that someone is thinking about suicide.

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty, hopeless, or having no reason to live
- Planning or looking for a way to kill themselves, such as searching online, stockpiling pills, or newly acquiring potentially lethal items (e.g., firearms, ropes)
- Talking about great guilt or shame
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable pain, both physical or emotional
- Talking about being a burden to others
- Using alcohol or drugs more often
- Acting anxious or agitated
- Withdrawing from family and friends
- Changing eating and/or sleeping habits
- Showing rage or talking about seeking revenge
- Taking risks that could lead to death, such as reckless driving
- Talking or thinking about death often
- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, making a will

SOURCE: [https://www.nimh.nih.gov/health/publications/suicide-faq/tr18-6389-suicideinamericafaq\\_149986.pdf](https://www.nimh.nih.gov/health/publications/suicide-faq/tr18-6389-suicideinamericafaq_149986.pdf)

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# 2

Suicide is a  
permanent  
solution  
to a  
temporary  
problem.

PHIL DONAHUE

## Student Mental Health and Suicide Awareness

*Orange County Asian Pacific Islander Community Alliance (OCAPICA)*

**TIME:** 10:30 a.m. – 11:30 a.m.

**WHERE:** Virtual Webinar

For more information, please visit the website at:

<https://www.ocapica.org/workshops.html>

Please call the main line: 844-530-0240

RSVP with Program Supervisor Yuki Shida

([yshida@ocapica.org](mailto:yshida@ocapica.org)).

Mental health problems can affect a student's energy level, concentration, dependability, mental ability, and optimism in our performances. We will discuss student mental health, warning signs of mental illness, what causes it, and ways we can prevent it from becoming worse. Did you know suicide is one of the top 5 mental health challenges students face? In the month of September, we will be bringing awareness on this topic.

## Tustin High School Mobile Pantry Suicide Prevention Outreach

*Western Youth Services*

**TIME:** 2 p.m.-4:15 p.m.

**WHERE:** Tustin High School  
1171 El Camino Real  
Tustin, CA 92780

For more information, please reach out to Tustin High School directly.

(714) 730-7414

The Western Youth Services' Outreach and Engagement providers will be distributing Suicide prevention materials to the Tustin Community during the designated Mobile Pantry Distribution.

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

September is National Suicide Prevention Month.

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# 2

*Hope is a  
necessity for  
normal life and  
the major  
weapon against  
the suicide  
impulse.*

KARL A. MENNINGER

## Open House: Supporting OC Youth in a Time of Crisis

Center for Applied Research

**TIME:** 3:00 p.m. – 3:30 p.m.

**WHERE:** <https://tinyurl.com/back-to-school-open-house>

Join the OC Student Mental Health Team for Back to School Open Houses running throughout September!

Each 30-minute weekly session will focus on a specific topic and highlight a resource developed by the Resource Directory team. OC Networking will host the series alongside guest speakers who helped develop these resources.

At a March 2021 Town Hall and July 2021 Roundtable, OC youth shared tips and strategies for supporting them during the Covid-19 crisis. In this session, you will be introduced to the young adults' perspectives on the physical, psychological, and emotional challenges posed by the pandemic, as well as ways to support them as they return to school.

- Featured Resource: Promoting Youth Mental Health and Well-Being Through Resiliency and Community Connection
- Guest Speaker: Amanda Lipp
- Moderator: Angela J. Castellanos

## The American Medical Association Adopts Policy to Address Youth Suicide

The American Medical Association ([AMA](#)) has [adopted a policy](#) to address increased youth suicide. The adopted policy outlines risk and protective factors for youth suicide, evidence-based interventions, and resources to promote resilience.

Source: <https://www.sprc.org/news/ama-adopts-policy-address-youth-suicide>

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# 2

## Suicide Signs to Look Out For Webinar

OMID

**TIME:** 11:00 a.m.– 12:30 p.m.

**WHERE:** Zoom Webinar

For more information and to register, please contact OMID O&E at: (714) 673– 0811

OMID's Outreach and Engagement program will provide a 90-minute webinar to discuss suicide ideation signs, how to seek support and support loved ones, as well as resources to increase awareness on Suicide Prevention Month.

Leading Causes of Death for Children One to 19 Years Old, by Age Group and Number of Deaths, 2015-2017

	1-4 Years	5-9 Years	10-14 Years	15-19 Years	1-19 Years
<b>FIRST LEADING CAUSE</b>	Unintentional Injuries [19]	Cancer [20]	Cancer [13]	Unintentional Injuries [60]	Unintentional Injuries [109]
<b>SECOND LEADING CAUSE</b>	Cancer [14]	Unintentional Injuries [15]	Unintentional Injuries [11]	Suicide [40]	Cancer [66]
<b>THIRD LEADING CAUSE</b>	Congenital Anomalies [11]	Congenital Anomalies [8]	Suicide [6]	Homicide [29]	Suicide [46]

Notes: Three-year total number of deaths.  
Source: Orange County Health Care Agency

SOURCE: <https://www.ocalthinfo.com/civicax/filebank/blobdload.aspx?BlobID=103871>

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# 5

Think of all the  
beauty that's still left  
in and around you  
and be happy!

ANNE FRANK

A webinar of substance abuse, addiction and Suicide

OMID

**TIME:** 5:00 p.m. ~6:00 p.m.

**WHERE:** Virtual Webinar (ZOOM)

For more information and to register, please contact O&E  
Specialist at: [949-502-4721](tel:949-502-4721) Or email  
[hgomnam@omidinstitute.org](mailto:hgomnam@omidinstitute.org)

- What are the signs and symptoms of Suicidal tendencies?
- First Aid for Suicidal Thoughts and Behaviors
- First Aid for Non suicidal Self Injury
- What is substance use and abuse?
- Co-Occurring Substance Use and Mental Health Disorders
- Mental Health Action plan for a substance use disorder
- How can we prevent and intervene in a loved one's suicidal behaviors?

## WHY DO SOME PEOPLE BECOME SUICIDAL WHILE OTHERS WITH SIMILAR RISK FACTORS DO NOT?

Most people who have the risk factors for suicide will not kill themselves. However, the risk for suicidal behavior is complex. Research suggests that people who attempt suicide may react to events, think, and make decisions differently than those who do not attempt suicide.

These differences happen more often if a person also has a condition such as depression, substance abuse, anxiety, borderline personality disorder, and psychosis. Risk factors are important to keep in mind; however, someone who has warning signs of suicide may be in more danger and require immediate attention.

SOURCE: [https://www.nimh.nih.gov/health/publications/suicide-faq/tr18-6389-suicideinamericafaq\\_149986.pdf](https://www.nimh.nih.gov/health/publications/suicide-faq/tr18-6389-suicideinamericafaq_149986.pdf)

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6 – 10

*If you're  
going  
through  
hell,  
keep  
going.*

WINSTON CHURCHILL

Student Advocates for Mental Health Suicide Prevention Week Social Media Campaign  
OCDE

**TIME:** Daily social media posts for the week of September 6-10, 2021.

**WHERE:**

Instagram:

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

Facebook:

<https://www.facebook.com/Student-Advocates-for-Mental-Health-109902390846931>

Please call Stephanie Loscko if you have any questions: 714-966-4319 or Email: [sloscko@ocde.us](mailto:sloscko@ocde.us)

For more information regarding the Student Advocates for Mental Health Program, please visit our website:

<https://ocde.us/SAMH/Pages/default.aspx>

The Student Advocates for Mental Health (SAMH) program will create and curate posts for Instagram and Facebook to promote Suicide Prevention Week, as well as school and community resources.

Also per the CDC, **certain demographic subgroups are at higher risk.** For example, American Indian and Alaska Native youth and middle-aged persons have the highest rate of suicide, followed by non-Hispanic White middle-aged and older adult males. African Americans have the lowest suicide rate, while Hispanics have the second lowest rate. The exception to this is younger children. African American children under the age of 12 have a higher rate of suicide than White children. While younger preteens and teens have a lower rate of suicide than older adolescents, there has been a significant rise in the suicide rate among youth ages 10 to 14. Suicide ranks as the second leading cause of death for this age group, accounting for 425 deaths per year and surpassing the death rate for traffic accidents, which is the most common cause of death for young people.

SOURCE: [https://www.nimh.nih.gov/health/publications/suicide-faq/tr18-6389-suicideinamericafaq\\_149986.pdf](https://www.nimh.nih.gov/health/publications/suicide-faq/tr18-6389-suicideinamericafaq_149986.pdf)

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# 6

**You Are Not Alone~ A video by and for Youth Day 1**  
**Introduction to Suicide Week**  
*Latino Health Access*

**TIME:** 1:00 p.m.

**WHERE:** The video will be posted on LHA's Facebook, Instagram and TikTok platforms

Please connect with us on:

TikTok

[https://www.tiktok.com/@lha\\_childrenandyouth](https://www.tiktok.com/@lha_childrenandyouth)

Facebook

<http://bit.ly/3mpcd3l>

Instagram

<http://bit.ly/2W70w6i>

Video by and for youth will Introduce National Suicide Prevention Week

*The harder the  
journey the more  
glorious the victory.*

MELISSA DOHME

Suicide is a major public health problem and a leading cause of death in the United States. The effects of suicide go beyond the person who acts to take his or her life: it can have a lasting effect on family, friends, and communities.

A fact sheet, developed by the National Institute of Mental Health (NIMH), can help you, a friend, or a family member learn about the signs and symptoms, risk factors and warning signs, and ongoing research about suicide and suicide prevention.

SOURCE: [https://www.nimh.nih.gov/health/publications/suicide-faq/tr18-6389-suicideinamericafaq\\_149986.pdf](https://www.nimh.nih.gov/health/publications/suicide-faq/tr18-6389-suicideinamericafaq_149986.pdf)

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# 7

## You Are Not Alone~ A video by and for Youth Day 2

*Latino Health Access (LHA)*

**TIME:** 1:00 p.m.

**WHERE:** The video will be posted on LHA's Facebook, Instagram and TikTok platforms

Please connect with us on:

TikTok

[https://www.tiktok.com/@lha\\_childrenandyouth](https://www.tiktok.com/@lha_childrenandyouth)

Facebook

<http://bit.ly/3mpcd3l>

Instagram

<http://bit.ly/2W70w6i>

*This life.  
This night.  
Your story.  
Your pain.  
Your hope.  
It matters.  
All of it  
matters.*

JAIME TWORKOWSKI

- Youth use their voice to offer support "What advice would you have for someone struggling with depression and suicidal thoughts?"
- We will make a montage of all of their answers
- End it with "You are not alone" and provide a hotline number

## Suicide Prevention

*Southland Integrated Services*

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

**WHERE:** Virtual  
Zoom Meeting ID: 849 214 2017 Passcode: 435710

A class focusing on elder suicide awareness and prevention.

For additional information, please contact:

Hoang Khang Nguy, Case Manager

Phone: (714) 707-1086 Email:

[hknguy@southlandintegrated.org](mailto:hknguy@southlandintegrated.org)

Suicide prevention awareness zoom backgrounds for all of your virtual meetings.  
Click HERE: [Zoom \(Video Conference\) Backgrounds](#)

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Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 7

*One of the  
secrets of life  
is to make  
stepping stones  
out of  
stumbling blocks.*

JACK PENN

**Yellow Yoga for Suicide Awareness**  
*Council on Aging Southern California*

**TIME:** 10 a.m. – 11 a.m.

**WHERE:** Virtually on Zoom

Join Zoom Meeting:  
<https://us02web.zoom.us/j/88593707189>

Meeting ID: 885 9370 7189

RSVPs to Christine Tran-Le  
Email: [ctranle@coasc.org](mailto:ctranle@coasc.org)

Yellow is the color representing Suicide Prevention/Awareness. Participants attending would be asked to wear yellow to allow for an open dialogue of what this color may mean as we learn the signs for suicide and how we can prevent it before engaging in a chair yoga exercise.

**Together We Thrive (Mandarin Speakers)**  
*Council on Aging Southern California*

**TIME:** 1:30 p.m.-2:30 p.m.

**WHERE:** Virtually on Zoom

Join Zoom Meeting

Meeting ID: 578 724 4669  
Passcode: 12345

Please RSVP to: [hwyu@coasc.org](mailto:hwyu@coasc.org) OR WeChat ID: harmonwood

Support group leader will be hosting a 30-min presentation about the warning signs and risk factors of suicide. The second half of the presentation will be focused on reducing social isolation. SGL will be hosting another 15-min discussion circle for participants to share experiences of combating loneliness and resources of socialization activities. SGL will end the group by hosting a 15-min trivia game to promote awareness of the risk of suicide caused by loneliness and/or social isolation.

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)



# 7

## The Importance of Staying Alert and Connected (Vietnamese Speakers)

*Council on Aging Southern California*

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

**WHERE:** Virtually on Zoom

For more information, please visit the website

Evenbrite page

<https://www.eventbrite.com/e/suicide-prevention-the-important-of-stay-alert-and-connect-tickets-166464446641>

Please call email if you have any questions: [vvo@coasc.org](mailto:vvo@coasc.org)

The workshop will consist of educational and socialization components. The education piece will be an open discussion aimed to educate participants on suicidal risk through statistics, behavior of the victims and culture impact on the victims. The goals will be for participants to understand more about suicidal risk, how to screen the behavior, stay alert and make a right judgment to help reduce the rate of suicide.

The socialization component will require participants to put their hands up with open palms to cover their eyes. The idea of this activity is for participant to experience the world in the eyes of suicidal victims when they are on the edge of committing suicide

Lastly, participants will have a chance to role play as both victims and listeners. They will get a chance to practice asking the “right” questions as well as correct approaches in given situations.

The pain passes,  
but the beauty  
remains.

PIERRE AUGUST RENOIR

Many people have some of these risk factors but do not attempt suicide.

It is important to note that suicide is not a normal response to stress.

**Suicidal thoughts or actions are a sign of extreme distress, not a harmless bid for attention, and should not be ignored.**

SOURCE: [https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml#part\\_153177](https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml#part_153177)

September is National Suicide Prevention Month.

Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 7

## Suicide Awareness for Seniors

*Council Aging Southern California*

**TIME:** 1:00 p.m.

**WHERE:** Virtually on Zoom

RSVP to [jbautista@coasc.org](mailto:jbautista@coasc.org)

In collaboration with the American Foundation for Suicide Prevention, COASC will host a virtual presentation for seniors regarding suicide information, awareness and prevention.

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

Ralph Waldo Emerson

## Student Mental Health and Suicide Awareness

*Orange County Asian Pacific Islander Community Alliance (OCAPIA)*

**TIME:** 10:30 a.m. – 11:30 a.m.

**WHERE:** Virtual Webinar

For more information, please visit the website at:

<https://www.ocapica.org/workshops.html>

Please call the main line: 844-530-0240

RSVP with Program Supervisor Yuki Shida

([yshida@ocapica.org](mailto:yshida@ocapica.org)).

Mental health problems can affect a student's energy level, concentration, dependability, mental ability, and optimism in our performances. We will be discussing what is student mental health, what are the signs, what causes it, and ways we can prevent it. Did you know suicide is one of the top 5 mental health challenges students face? In the month of September, we will be bringing awareness on this topic.

The [Veterans Crisis Line](#) connects Service members and Veterans in crisis, as well as their family members and friends, with qualified, caring Department of Veteran's Affairs (VA) responders through a confidential toll-free hotline, online chat, or text messaging service. Dial 1 (800) 273-8255 and Press 1 to talk to someone or send a text message to 838255 to connect with a VA responder.

You can also start a confidential online chat session  
at [veteranscrisisline.net/get-help/chat](https://veteranscrisisline.net/get-help/chat).

September is National Suicide Prevention Month.

Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 7

Don't ask  
yourself what  
the world needs.

Ask yourself  
what makes you  
come alive  
and then  
go do that.

Because what  
the world  
needs is  
more people  
who have  
come alive.

DR. HOWARD THURMAN

## **Art for Healing from Grief: Denial and Anger**

*Orange County Asian Pacific Islander Community Alliance (OCAPICA)*

**TIME:** 5 p.m. – 6 p.m.

**WHERE:** Virtual Webinar

For more information, please visit the website at:

<https://www.ocapica.org/workshops.html>

Please call the main line: 844-530-0240

RSVP with Program Supervisor Yuki Shida

([yshida@ocapica.org](mailto:yshida@ocapica.org)).

Grief affects us in a variety of ways, and healing from it happens in stages. Join us to learn about the cycle of grief and how to process your feelings in each stage using art and social support. Art supplies will be available for pick up at no cost in Garden Grove for the first 10-15 sign ups!

## **Suicide Prevention 101 Webinar**

*The Priority Center*

**TIME:** 12:00 p.m. – 1:00 p.m.

**WHERE:** Zoom Webinar

Register to attend at: <https://suicide-prevention-9-7-21.eventbrite.com>

The Priority Center's O&E program will be hosting a 60-minute webinar (30 minutes of presentation and 30 minutes for activities and questions) on how to recognize signs of suicidal ideation, prevention, symptoms and resources for Suicide Prevention Awareness Month.

*Intentional self-harm and suicide continue  
to be a leading cause of death across  
the United States, the state of California, and Orange County.*

The 2014-2018 Suicide Deaths in Orange County Report can be found at:  
<https://www.ocalthinfo.com/civicax/filebank/blobdload.aspx?BlobID=104347>

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 7

## Suicide Prevention

*Southland Integrated Services*

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

**LOCATION:** Virtual

Zoom Meeting ID: 849 214 2017 Passcode: 435710

A class focusing on elder suicide awareness and prevention.

For additional information, please contact:

Hoang Khang Nguy, Case Manager

Phone: (714) 707-1086 Email:

[hknguy@southlandintegrated.org](mailto:hknguy@southlandintegrated.org)

## Suicide affects people from All Backgrounds and Walks of Life

The following quotes were from community members who shared stories about the victims of suicide in their lives:

"I think my brother masked his depression with being the class clown, being the likable guy. He always went out of his way to please everybody but himself."

"She walked around with her shoulders back. Totally confident. And after she passed, everybody tells us about these funny things she would tell them."

"My brother always recognized that he had depression, but he was never able to talk about it, voice it, find somewhere to change it. He knew that he was depressed."

"My father was a real pleasure to be around. We had no clue."

"There were no known mental health concerns... It was a lot of personal loss prior to his death. Job, school, he was going to lose his apartment, the girl. It was all that."

"He never showed any signs of mental illness. He was popular in school. He had a lot of friends."

Race and ethnicity are not protective factors

Females are **4x** more likely to attempt

Males are **4x** more likely to complete



SOURCE:

<https://about.kaiserpermanente.org/content/dam/internet/kp/comms/import/uploads/2019/09/Anaheim-and-Irvine-CHNA-2019.pdf>

September is National Suicide Prevention Month.

Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

**TIME:** 3:30 p.m. – 4:30 p.m.

<https://www.ocapica.org/workshops.html>

([yshida@ocapica.org](mailto:yshida@ocapica.org)).

This presentation is an introduction to mental health, how to practice self care, and navigating mental health services.

Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)



# 8

*All things  
are  
difficult  
before  
they  
are  
easy.*

THOMAS FULLER

## Youth Mental Health Expo: Building hope and resiliency

*City of Mission Viejo*

**TIME:** 6-8 p.m.

**WHERE:** Norman P Murray Center  
24932 Veterans Way  
Sycamore Room  
Mission Viejo, California

Register: <https://cityofmissionviejo.org/youth-mental-health-expo-building-hope-and-resiliency>

This is intended for youth/ young adults, family members, youth pastors, sport coaches and other adult mentors.

Join Orange County agencies such as Find Your Anchor, Partners 4Wellness, LGBTQ Center OC, American Foundation For Suicide Prevention, Orange County Health Care Agency, Western Youth Services and others in this essential expo on mental health awareness and suicide prevention.

Keynote Speaker Ali Borowsky Ali is the Founder of Find Your Anchor (FYA), a grassroots, pay-it-forward organic movement. Aimed at suicide prevention and awareness, FYA offers hope, resources and inspiration to those thinking about or impacted by suicide. Anchor Boxes available and a “build your box” activity is planned for youth.

Should you have questions, please contact Leslie Rea-McDonald at 949-470-8412.

Free dinner will be provided to the first 50 registered.

Suicide prevention awareness print-ready and e-version posters available [HERE](#):  
**Posters**

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 8

*Believe in  
yourself and  
all that  
you are.  
Know that  
there is  
something  
inside you  
that is  
greater  
than any  
obstacle.*

*Christian D. Larson*

## **You Are Not Alone-A video by and for Youth Day 3**

*Latino Health Access*

**TIME:** 1:00 p.m.

**WHERE:** The video will be posted on LHA's Facebook, Instagram and TikTok platforms.

Please connect with us on

TikTok

[https://www.tiktok.com/@lha\\_childrenand youth](https://www.tiktok.com/@lha_childrenand youth)

Facebook

<http://bit.ly/3mpcd3l>

Instagram

<http://bit.ly/2W7Ow6i>

Youth will share "Do you or do you know anyone personally who struggles with depression or suicidal thoughts?"; Statistics for suicide among teens; hotline number

- Youth from our hangout groups will be interviewed this question
- A montage of responses will be prepared
- Statistics surrounding suicide among teens, the importance of seeking help, and also being aware of their friends and families to notice any signs will be provided

## Exposure to Violence Linked to Suicidal Behavior

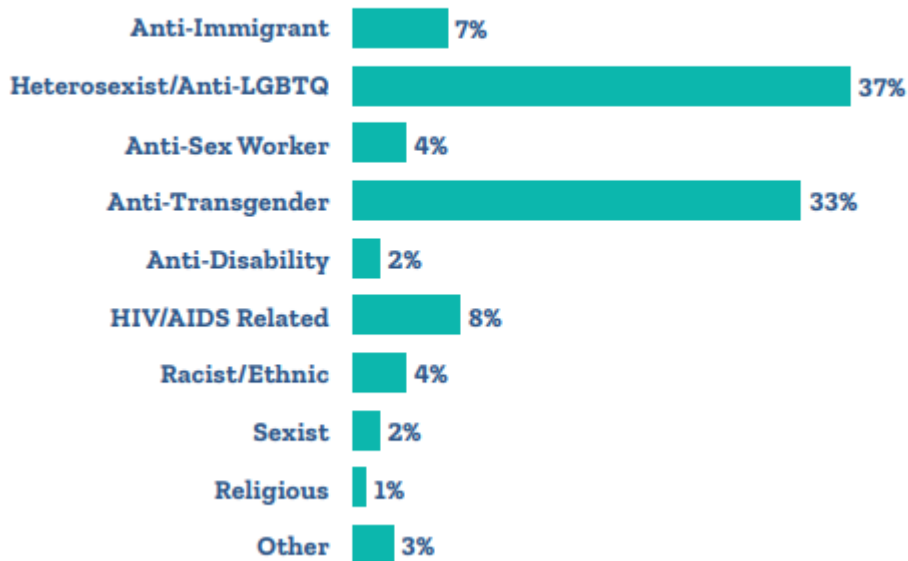
Every nine seconds a woman is beaten in the United States. Every 40 seconds a person dies by suicide worldwide. Although both domestic violence and suicide are public health concerns, each are often discussed in isolation. While national reports explore the relationship between intimate partner violence (IPV) and death at the hands of the abuser, increased risk for suicidal behavior is often overlooked as it pertains to victims.

SOURCE: <https://padv.org/exposure-to-violence-linked-to-suicidal-behavior>

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

SOURCE: National Report on LGBTQ & HIV-Affected Violence in 2017. Report can be found at:

### *Types of Bias in Reported Intimate Partner Violence in 2017*



<http://avp.org/wp-content/uploads/2019/01/NCAVP-HV-IPV-2017-report.pdf>

### **Racial and Ethnic Disparities in Stress, Mental Health Conditions, and Substance Use**

The Centers for Disease Control and Prevention ([CDC](https://www.cdc.gov)) has released a [report](#) on racial and ethnic disparities in the prevalence of stress and worry, mental health conditions, and increased substance use among U.S. adults during the COVID-19 pandemic in April and May 2020.

SOURCE: <https://www.sprc.org/news/racial-ethnic-disparities-stress-mental-health-conditions-substance-use>

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 9

## Stress Management & Know the Signs (of Suicide)

*Orange County Asian Pacific Islander Community Alliance (OCAPICA)*

**TIME:** 10:30 a.m. – 11:30 a.m.

**WHERE:** Virtual Webinar

For more information, please visit the website at:

<https://www.ocapica.org/workshops.html>

Please call the main line: 844-530-0240

RSVP with Program Supervisor Yuki Shida

([yshida@ocapica.org](mailto:yshida@ocapica.org)).

Learn to manage stress by and foster positive coping skills. The warning sign for suicide prevention and the importance of self-care will be discussed. This webinar will also provide resources!

## Who Is at Risk for Suicide?

Suicide does not discriminate. People of all genders, ages, and ethnicities can be at risk. The main risk factors for suicide are:

- A prior suicide attempt
- Depression and other mental health disorders
- Substance abuse disorder
- Family history of a mental health or substance abuse disorder • Family history of suicide
- Family violence, including physical or sexual abuse
- Having guns or other firearms in the home
- Being in prison or jail
- Being exposed to others' suicidal behavior, such as a family member, peer, or media figure
- Medical illness
- Being between the ages of 15 and 24 years or over age 60 Even among people who have risk factors for suicide, most do not attempt suicide. It remains difficult to predict who will act on suicidal thoughts.

SOURCE: [https://www.nimh.nih.gov/health/publications/suicide-faq/tr18-6389-suicideinamericafaq\\_149986.pdf](https://www.nimh.nih.gov/health/publications/suicide-faq/tr18-6389-suicideinamericafaq_149986.pdf)

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 9

## You Are Not Alone-A video by and for Youth Day 4

*Latino Health Access*

**TIME:** 1:00 p.m.

**WHERE:** The video will be posted on LHA's Facebook, Instagram and TikTok platforms

Please connect with us on

TikTok

[https://www.tiktok.com/@lha\\_childrenandyouth](https://www.tiktok.com/@lha_childrenandyouth)

Facebook

<http://bit.ly/3mpcd3l>

Instagram

<http://bit.ly/2W70w6i>

“Place your  
hand over  
your heart,  
can you feel it?

That is called  
purpose.

You're alive  
for a reason  
so don't  
ever give up.”

UNKNOWN

Youth will talk about “What are some of the struggles that pushed teens and young adults to think about suicide or die by suicide?”; breaking the stigma; hotline number.

- Youth from our hangout groups will be interviewed this question
- We will make a montage of all of their answers
- We will talk about “Breaking the Stigma” surrounding mental illness and let everyone know that “IT IS OK” to talk about depression, suicide, and bullying
- End it with “You are not alone” and provide a hotline number

According to the Centers for Disease Control and Prevention (CDC), men are more likely to die by suicide than women, but women are more likely to attempt suicide. Men are more likely to use more lethal methods, such as firearms or suffocation. Women are more likely than men to attempt suicide by poisoning.

SOURCE: [https://www.nimh.nih.gov/health/publications/suicide-faq/tr18-6389-suicideinamericafaq\\_149986.pdf](https://www.nimh.nih.gov/health/publications/suicide-faq/tr18-6389-suicideinamericafaq_149986.pdf)

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)



# 9

Suicide  
is a major public health  
concern.

Over 48,000 people died by  
suicide in the  
United States in 2018;  
it is the 10th leading cause  
of death overall.

Suicide is complicated  
and tragic,  
but it is often preventable.  
Knowing the warning signs  
for suicide  
and how to get help can  
help save lives.

SOURCE: NIH  
<https://www.nimh.nih.gov/>

## Open House: Cultivating Resilience During Covid-19 & Beyond *Center for Applied Research*

TIME: 3:00 p.m.– 3:30 p.m.

WHERE: <https://tinyurl.com/back-to-school-open-house>

Join the OC Student Mental Health Team for Back to School  
Open Houses running throughout September!

Each 30-minute weekly session will focus on a specific topic  
and highlight a resource developed by the Resource  
Directory team. OC Networking will host the series alongside  
guest speakers who helped develop these resources.

This resource-specific session will give you information  
about organizations, support systems, and best practices to  
help Orange County youth thrive despite ongoing challenges.

- Featured Resources: Orange County LGBTQ  
Resources; Student Mental Wellness Positive Self-Talk  
Coping Cards; Tip Sheet for Families: Youth Suicide &  
Mental Health Concerns During Covid-19, Crisis  
Lines (local, state, & national)
- Moderator: Angela J. Castellanos

## Suicide Awareness for Seniors (Spanish Speakers) *Council on Aging Southern California*

TIME: 1:00 p.m.

WHERE: Virtually on Zoom

RSVP to [jbautista@coasc.org](mailto:jbautista@coasc.org)

In collaboration with the American Foundation for Suicide  
Prevention, COASC will host a virtual presentation for seniors  
regarding suicide information, awareness and prevention.

Orange County Suicide Death Statistics can be found at:  
[https://www.livestories.com/statistics/california/orang  
e~county~suicide~deaths~mortality](https://www.livestories.com/statistics/california/orange-county-suicide-deaths-mortality)

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 9

Suicide doesn't  
end the chances  
of life getting  
worse,  
it  
eliminates the  
possibility  
of it ever getting  
any better.

UNKNOWN

## Music Appreciation

*The Cambodian Family Community Center*

**TIME:** 12 p.m. – 11 p.m.

**WHERE:** Virtual Webinar

For more information, please call (714) 591-6439 or  
Email: [sreyrothl@cambodianfamily.org](mailto:sreyrothl@cambodianfamily.org)

This workshop will be in Khmer and English. Participants will learn about the connection between music and mental health. Participants will get to sing together.

## Suicide Prevention for Parents Awareness Webinar

*OMID*

**TIME:** 4:00 p.m. – 5:30 p.m.

**WHERE:** Zoom Webinar

This webinar will be English and repeated in Arabic on 9/14/21's webinar. For more information and to register, please contact OMID O&E at: (714) 673-0811

OMID's Outreach and Engagement program will provide a 90-minute webinar to discuss youth's behaviors and attitudes and how parents' openness and dealing with issues can help prevent their children's suicidal thoughts for Suicide Prevention Awareness Month.

*Life doesn't come with a  
REWIND, FAST FORWARD or PAUSE BUTTON.*

*Once it starts it PLAYS until it ends or you press STOP. Never press  
STOP just enjoy it while it PLAYS.*

SONYA PARKER

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 9

## What Is Suicide?

Suicide is when people direct violence at themselves with the intent to end their lives, and they die because of their actions. It's best to avoid the use of terms like "committing suicide" or a "successful suicide" when referring to a death by suicide as these terms often carry negative connotations.

A suicide attempt is when people harm themselves with the intent to end their lives, but they do not die because of their actions.

### General Suicide Prevention Training

*Didi Hirsch*

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

**WHERE:** Virtual via zoom

For more information or to RSVP, please email  
[kjow@didihirsch.org](mailto:kjow@didihirsch.org)

DHMHS will be conducting an open virtual training on suicide prevention.

### General Suicide Prevention Training (Spanish)

*Didi Hirsch*

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

**WHERE:** Virtual via zoom

For more information or to RSVP, please email  
[jconstanza@didihirsch.org](mailto:jconstanza@didihirsch.org)

DHMHS will be conducting an open virtual training on suicide prevention.

### Elderly Suicide Prevention (Korean)

*Korean Community Services*

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

**LOCATION:** Virtual  
<https://zoom.us/j/91427142402>

A Korean-language class designed to increase suicide awareness amongst older adults.

For additional information, please contact:  
Susan Lee, Case Manager  
Phone: (714) 449-1125 ext. 43202 Email:  
[sulee@koreancommunity.org](mailto:sulee@koreancommunity.org)

*To anyone out there who's hurting—it's not a sign of weakness  
to ask for help. It's a sign of strength.*

**BARACK OBAMA**

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 9

SUICIDE  
DOESN'T END  
THE PAIN,  
IT JUST  
PASSES IT  
ALONG  
TO SOMEONE  
ELSE

UNKNOWN

## Know the Signs

*Abrazar*

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

**LOCATION:** Virtual

[meet.google.com/zqz-qtii-wxe](https://meet.google.com/zqz-qtii-wxe)

(US) +1 970-400-7290 PIN: 786 319 059#

Pain isn't always obvious, but most suicidal people show some signs that they are thinking about suicide. The signs may appear in conversation, through their action, or in social media posts. If you observe one or more of these warning signs, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change, step in or speak up.

For additional information, please contact:

Martha Sanchez, Case Manager

Phone: (714) 898-0203 Email: [m.sanchez@abrazarinc.com](mailto:m.sanchez@abrazarinc.com)

## National Suicide Prevention Week Workshop

*OCCTAC*

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

**LOCATION:** Virtual

<https://zoom.us/j/3109821201>

An overview on strategies and practices to help promote suicide prevention amongst older adults.

For additional information, please contact:

Rosa Garcia, Case Manager

Phone: (714) 264-5385 Email: [rosag@occtac.org](mailto:rosag@occtac.org)

Call the [National Suicide Prevention Lifeline \(Lifeline\)](#) at 1 (800) 273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741). Both services are free and available 24 hours a day, seven days a week. The deaf and hard of hearing can contact the Lifeline via TTY at 1 (800) 799-4889. All calls are confidential. Contact social media outlets directly if you are concerned about a friend's social media updates or dial 911 in an emergency. Learn more on the Lifeline's website or the [Crisis Text Line's website](#).

SOURCE: [https://www.crisistextline.org/?sm\\_au=isVH44D4k7jV45M47qBfJKOCNRBH2](https://www.crisistextline.org/?sm_au=isVH44D4k7jV45M47qBfJKOCNRBH2)

September is National Suicide Prevention Month.

Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 9

## Suicide Prevention Webinar

OMID

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

**LOCATION:** Virtual  
[https://zoom.us/j/95343699809?](https://zoom.us/j/95343699809?pwd=YW5tTDFkTy9odFowSGVnaGlkcmZOdz09)  
[pwd=YW5tTDFkTy9odFowSGVnaGlkcmZOdz09](https://zoom.us/j/95343699809?pwd=YW5tTDFkTy9odFowSGVnaGlkcmZOdz09)

A class presented in Farsi to educate the older adult community on suicide prevention.

For additional information, please contact:

Soheila Rahmanian, Case Manager

Phone: (949) 502-4721 Email: [srahmanian@omidinstitute.org](mailto:srahmanian@omidinstitute.org)

**5 Action Steps for Helping Someone in Emotional Pain**

ASK	KEEP THEM SAFE	BE THERE	HELP THEM CONNECT	STAY CONNECTED
"Are you thinking about killing yourself?"	Reduce access to lethal items or places.	Listen carefully and acknowledge their feelings.	Save the National Suicide Prevention Lifeline number 1-800-273-8255.	Follow up and stay in touch after a crisis.

National Institute of Mental Health

[www.nimh.nih.gov/suicideprevention](http://www.nimh.nih.gov/suicideprevention)

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

9~10

**The Clinician's Suicide Prevention Summit: Treatment Strategies to Inspire Hope & Save Lives (Live Online for Free)**

**TIME:** Two Day virtual Summit.

**WHERE:** Register today to get access to the LIVE event (and earn up to 11 live CE hours), access to the recordings for 30 days after the event (no CE available), and an exclusive summit discount on the upcoming online course, which includes up to 11 self-study CE hours!

<https://landinghub.pesi.com/>

Join world-renowned expert clinicians and researchers like Thomas Joiner, director of the renowned Joiner Research Lab; Kate Chard, co-developer of Cognitive Processing Therapy; Kelly Posner, director of the Columbia Lighthouse Project; and experts on DBT, Internal Family Systems, Veterans, Youth and Teens.

*The Directing Change Program & Film Contest* is part of Each Mind Matters: California's Mental Health Movement.

The program offers young people the exciting opportunity to participate in the movement by creating 60-second films about suicide prevention and mental health that are used to support awareness, education and advocacy efforts on these topics. Learning objectives surrounding mental health and suicide prevention are integrated into the submission categories of the film contest, giving young people the opportunity to critically explore these topics. Program participants – whether they are making a film, acting as an adult advisor, or judging the films – are exposed to appropriate messaging about these topics, warning signs, how to appropriately respond to someone in distress, where to seek help, as well as how to stand up for others who are experiencing a mental health challenge. In addition, schools and organizations are offered free prevention programs and educational resources.



Last year, the Directing Change Program and Film Contest received 1,063 film submissions from 3,346 young people, representing 170 schools and organizations, across 31 counties statewide. Over the past six years the Directing Change program received 7,205 films from 10,540 youth participants representing over 400 middle schools, high schools, colleges, and community based organizations.

SOURCE: <https://www.directingchange.org/>

**ADDITIONAL RESOURCES:**

[https://gallery.mailchimp.com/caf0c76bf1ba13f043e03f0f5/files/dff357f0-d621-4887-a1b2-78c1f5629240/WHO\\_Preventing\\_Suicide\\_A\\_Resource\\_for\\_Filmmakers\\_and\\_Others\\_Working\\_on\\_Stage\\_and\\_Screen\\_10th\\_October\\_2019\\_1\\_.pdf](https://gallery.mailchimp.com/caf0c76bf1ba13f043e03f0f5/files/dff357f0-d621-4887-a1b2-78c1f5629240/WHO_Preventing_Suicide_A_Resource_for_Filmmakers_and_Others_Working_on_Stage_and_Screen_10th_October_2019_1_.pdf)

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)



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**Suicide Prevention Trivia Night**

*The Priority Center*

**TIME:** 5:30 p.m. – 6:30 p.m.

**WHERE:** Zoom

Register to attend at:

<https://suicide-prevention-trivia-9-10-21.eventbrite.com>

The Priority Center's O&E Program will host a 60-minute Zoom trivia game to celebrate awareness for World Suicide Prevention Day for the possibility to win a gift card.

Never, never,  
never  
give up.

WINSTON CHURCHILL

**Suicide Prevention in the LGBTQ+ Community Webinar**

*Asian Pacific AIDS Intervention Team (APAIT)*

**TIME:** 4:00 p.m. – 5:30 p.m.

**WHERE:** Zoom Webinar

Register to attend at: <https://bit.ly/2BHb4z4>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

For further information please contact Brianna D. at [briannad@apaitonline.org](mailto:briannad@apaitonline.org) or call (714) 636– 1349.

The Asian Pacific AIDS Intervention Team (APAIT) Outreach and Engagement team will be hosting a 60-minute presentation about Suicide Prevention in the LGBTQ+ Community. The discussion will include information about statistics, risk & protective factors, warning signs, interventions, resources, and more. Additionally, there will be 30 minutes after the presentation for questions and discussion.

NATIONAL SUICIDE PREVENTION LIFELINE  
1(800)273-8255

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)



10

**World Suicide Prevention Day: Youth Suicide Prevention Panel**  
*Orange County Asian Pacific Islander Community Alliance (OCAPICA)*

**TIME:** 4 p.m. – 5 p.m.

**WHERE:** Virtual Webinar

For more information, please visit the website at:  
<https://www.ocapica.org/workshops.html>

Please call the main line: 844-530-0240  
RSVP with Program Supervisor Yuki Shida ([yshida@ocapica.org](mailto:yshida@ocapica.org)).

Join us as our panel of mental health professionals speak on the topic of youth suicide prevention. Suicidal thoughts are more common than we realize, and amongst the youth, they may not know who to talk to, where to seek help, or how to find support. Learn about youth suicide prevention in how we can help youth with support and resources.

## FACTS ABOUT SUICIDE

SOURCE: <https://www.thetrevorproject.org/resources/preventing-suicide/facts-about-suicide/>

- Suicide is the 2nd leading cause of death among young people ages 10 to 24.
- LGB youth seriously contemplate suicide at almost three times the rate of heterosexual youth.
- LGB youth are almost five times as likely to have attempted suicide compared to heterosexual youth.
- Of all the suicide attempts made by youth, LGB youth suicide attempts were almost five times as likely to require medical treatment than those of heterosexual youth.
- Suicide attempts by LGB youth and questioning youth are 4 to 6 times more likely to result in injury, poisoning, or overdose that requires treatment from a doctor or nurse, compared to their straight peers.
- In a national study, 40% of transgender adults reported having made a suicide attempt. 92% of these individuals reported having attempted suicide before the age of 25.
- LGB youth who come from highly rejecting families are 8.4 times as likely to have attempted suicide as LGB peers who reported no or low levels of family rejection.
- 1 out of 6 students nationwide (grades 9–12) seriously considered suicide in the past year.
- Each episode of LGBT victimization, such as physical or verbal harassment or abuse, increases the likelihood of self-harming behavior by 2.5 times on average.

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 10

## POPULATIONS OF CONCERN

- Teens (14-18)
- White males (25-64)
- All individuals 65+
- LGBTQ+ youth

SOURCE: 2019  
Community Health Needs  
Assessment Kaiser  
Foundation Hospital:  
Anaheim and Irvine

### You Are Not Alone-A video by and for Youth Day 5

*Latino Health Access*

**TIME:** 1:00 p.m.

**WHERE:** The video will be posted on LHA's Facebook, Instagram and TikTok platforms

Please connect with us on:

TikTok

[https://www.tiktok.com/@lha\\_childrenandyouth](https://www.tiktok.com/@lha_childrenandyouth)

Facebook

<http://bit.ly/3mpcd3l>

Instagram

<http://bit.ly/2W70w6i>

Youth will share Resources / hotline numbers

- The focus will be on providing resources for those struggling with depression or suicidal thoughts
- The youth will emphasize the message "You are not alone"
- The youth will offer support and resources, but also give tips on other ways to help

*An activity guide is available at:*  
<https://emmresourcecenter.org/resources/suicide-prevention-activation-kit-2021>

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

10

Bally's Sports West Interview with Dr. Bhuvana Rao to highlight Suicide Prevention Month

*Orange County Health Care Agency, The Office of Suicide Prevention*

**TIME:** 5:10 p.m. PST

**WHERE:** Interview aired during the Los Angeles Angels pre-game show on Bally's Sports West (check local listings).

Los Angeles Angels vs. Houston Astros  
Game @ Houston.



September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

10

**Cafecito con Dr. Pereda: Una Charla Sobre la Salud Mental (Spanish)**

*Olive Crest*

**TIME:** 10:00 a.m. – 11:30 a.m.

**WHERE:** Virtual event

Zoom link for event:

<https://us02web.zoom.us/j/84971647337>

IN SPANISH: an honest conversation with parents about behaviors, emotions, and signs of depression, anxiety, and suicide in their youth. Presentation followed by Q&A. This is a Zoom event, so bring your own coffee !! No registration required.

“Soak up  
the views.  
Take in the bad  
weather and the  
good weather.  
You are not the  
storm.”

MATT HAIG

**Know the Signs Webinar**

*Western Youth Services*

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

**WHERE:** Zoom

For more information, please visit the website at:

<https://www.eventbrite.com/e/suicide-prevention-workshop-tickets-165200835145>

Please call Yeslee Fuentes Lead Outreach & Engagement Specialist for more information: 949-680-0962

This presentation is aimed to help identify the signs of suicide. It will review myths and facts about self-harm/suicide, warning signs to be aware of, ways in which a person may be a source of support for others.

Customizable daily emails in both English and Spanish focused on suicide prevention. Click [HERE: Email Templates](#)

11

**CHOC Annual Community Health & Wellness Resource Fair**

*Western Youth Services*

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

**WHERE:** Main Place Mall  
2800 North Main Street  
Santa Ana, CA 92705

For more information please contact Inci Guzman, M.S.  
Patient and Family-Centered Care Coordinator  
Patient and Family Experience  
Phone: 714-509-9141

Western Youth Services will partner with CHOC to support the Community Health and Wellness Resource Fair. This is a wonderful opportunity for attendees to learn more about suicide prevention and connect with resources. At the Resource Fair, attendees will engage with Outreach and Engagement providers to learn about mental and supportive services.



ADDITIONAL RESOURCES AVAILABLE: <https://www.suicideispreventable.org/>

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)





September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

11

**Orange County Suicide Prevention Initiative**

*Be Well OC*

**TIME:** 9:00 a.m. – 10:30 a.m.

**WHERE:** Virtual Community Forum

Join the initiative and register:

[OC Suicide Prevention Initiative](#)

The Orange County Community Suicide Prevention Initiative aims to prevent suicide by promoting hope and purposeful life in the community.

## RESOURCES FOR: Suicide Prevention Resources for Schools

<https://www.sprc.org/news/suicide-prevention-resources-schools-2>

As students head back to [school](#), help put suicide prevention on the agenda for the new academic year by using and sharing these materials:

- Suicide prevention resources related to [middle school](#) and [high school](#) settings
- Information sheets to help high school [teachers](#) and [mental health providers](#) prevent suicide
- Resources for [teens](#) who may be at risk for suicide
- A [toolkit](#) to help middle and high schools respond to a student suicide death
- [Prevention strategies](#) for schools during the COVID-19 pandemic
- A [six-part webinar series](#) on suicide prevention across the educational continuum

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)



# 13

SEPTEMBER 2021  
StigmaFreeOC

## Youth Theatre Staged Reading Series

*The Laguna Playhouse*

**TIME:** 7 p.m.

**WHERE:** Virtual Reading – Zoom

Staged Reading of a Play that deals with themes of Suicide Prevention with LPAC Students and/or College Actors

We will offer a Talk Back/Panel Discussion in conjunction with the Performance featuring actors and professional counselors.

For more information, please visit the website at:  
<https://lagunaplayhouse.com/education-community-engagement/our-stories/>

To RSVP, contact Bria Holt at [bholt@lagunaplayhouse.com](mailto:bholt@lagunaplayhouse.com)



September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 14

*Orange County's  
rise in suicides  
is the largest among  
major  
US counties*

*An 18% increase  
over ten years.*

2019 Community Health  
Needs Assessment Kaiser  
Foundation Hospital:  
Anaheim and Irvine

## **Stress Management & Know the Signs (of Suicide)**

*Orange County Asian Pacific Islander Community Alliance (OCAPICA)*

**TIME:** 10:30 a.m. – 11:30 a.m.

**WHERE:** Virtual Webinar

For more information, please visit the website at:  
<https://www.ocapica.org/workshops.html>

Please call the main line: 844-530-0240

RSVP with Program Supervisor Yuki Shida ([yshida@ocapica.org](mailto:yshida@ocapica.org)).

Join us today on learning how we can foster positive coping skills through COVID-19 by learning how to manage stress! We will also be discussing learn the signs for suicide prevention. We will be discussing the importance of self-care during the pandemic. This webinar will provide you with an opportunity to practice coping skills, education and resources!

## **Suicide Prevention for Non-Professionals**

*Orange County Asian Pacific Islander Community Alliance (OCAPICA)*

**TIME:** 4 p.m. – 5 p.m.

**WHERE:** Virtual Webinar

For more information, please visit the website at:  
<https://www.ocapica.org/workshops.html>

Please call the main line: 844-530-0240

RSVP with Program Supervisor Yuki Shida ([yshida@ocapica.org](mailto:yshida@ocapica.org)).

Suicide is a public health issue. Learn about the risk and protective factors that contribute to suicide, warning signs to look for, barriers to seeking help, and how to help someone in need.

Customizable template proclaiming National Suicide Prevention Week and World Suicide Prevention Day. Click HERE: [\*\*Proclamation Template\*\*](#)

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 14

## **Art for Healing from Grief: Bargaining and Depression**

*Orange County Asian Pacific Islander Community Alliance (OCAPICA)*

**TIME:** 5 p.m. – 6 p.m.

**WHERE:** Virtual Webinar

For more information, please visit the website at:  
<https://www.ocapica.org/workshops.html>

Please call the main line: 844-530-0240

RSVP with Program Supervisor Yuki Shida ([yshida@ocapica.org](mailto:yshida@ocapica.org)).

Grief affects us in a variety of ways, and healing from it happens in stages. Join us to learn about the cycle of grief and how to process your feelings in each stage using art and social support. Art supplies will be available for pick up at no cost in Garden Grove for the first 10-15 sign-ups!

"It's impossible  
to fight if you  
don't know what  
you're fighting  
for."

Jazz Thornton

## **Suicide Prevention for Parents Awareness Webinar (Arabic)**

*OMID*

**TIME:** 5:30 p.m. – 7:00 p.m.

**WHERE:** Zoom Webinar

This webinar will be presented in Arabic language. For more information and to register, please contact OMID O&E at: (714) 673-0811

OMID's Outreach and Engagement program will lead a 90-minute open discussion to understand suicide, warning signs and cultural impact and how this can help in saving a child's life. Suicide risks, stigma, and interventions will be discussed and resources will be provided.

Everybody goes through difficult times, but it is those who push through those difficult times who will eventually become successful in life. Don't give up, because this too shall pass.

Jeanette Coron

September is National Suicide Prevention Month.

Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 14

The most  
violent  
element in  
society is  
ignorance.

EMMA GOLDMAN

## Happy Hour: Journaling for Self-Care

NAMI-OC

TIME: 6:00 p.m. – 7:00 p.m.

WHERE: Virtual Webinar

For more information, please visit the website at:  
<https://www.namioc.org/nami-happy-hour>

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

Email: [awilson@namioc.org](mailto:awilson@namioc.org)

Join NAMI-OC for an hour of self-care with a journaling activity. Follow along with guided journal prompts and interactive pages to explore our emotions and how journaling can help change or track our moods. Come with your journal and a sense of curiosity and leave feeling more connected to your own intuition.

We have variety of unique journal pages we will share with those registered so they can follow along.

## The Surgeon General's Call to Action to Implement the National Strategy for Suicide Prevention

The Surgeon General's Call to Action seeks to advance progress toward full implementation of the *National Strategy for Suicide Prevention*. The Call to Action emphasizes that the 13 goals and 60 objectives of the National Strategy remain as relevant today as they were when the strategy was last updated, and that these goals and objectives need to be fully implemented to make a difference in reducing suicide rates. In particular, the Call to Action zeroes in on six key actions that must be implemented to reverse the current upward trend in suicide deaths in the United States.

SOURCE: <https://www.sprc.org/resources-programs/surgeon-generals-call-action-implement-national-strategy-suicide-prevention>

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

## TEEN TALKS

### Let's Talk about Anxiety

September 14, 2021  
6:00pm - 7:00pm PST



Sponsored by:



TREATMENT FOR TEENS AND THEIR FAMILIES



Link to join webinar:

<https://us02web.zoom.us/j/82415889036>

### Guest Speakers:



Ariel Benzvi



Stephanie Bien, LMFT

High School Senior, Ariel Benzvi interviews therapist Stephanie Bien, LMFT about anxiety and what teens can do to help.

Listen in, learn great tips and ask your questions in the chat.

## TEEN LINE

(6 pm~10 pm PST)  
**(800) 852-8336**

Off hours covered by the Suicide Prevention Crisis Line

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

15

Never  
let a  
stumble in  
the road  
be the end  
of your  
journey.

UNKNOWN

**What is Mental Health Workshop**

*Western Youth Services*

**TIME:** 7:30 a.m.

**WHERE:** Foothill High School  
19251 Dodge Ave  
Santa Ana, CA 92705

For more information please call Yeslee Fuentes Lead Outreach & Engagement Specialist: 949-680-0962

In this workshop students will learn how to break the stigma associated with Mental Health. Students will recognize the signs of mental illness, and learn coping skills.

**Suicide Prevention 101 Webinar**

*The Priority Center*

**TIME:** 4:00 p.m. – 5:00 p.m.

**WHERE:** Zoom Webinar

Register to attend at: <https://suicide-prevention-9-15-21.eventbrite.com>

The Priority Center's Outreach and Engagement program will be hosting a 60-minute webinar (30 minutes of presentation and 30 minutes for activities and questions) on how to recognize the warning signs of suicide and its, prevention. Learn about resources.

The issue here is that we tend to believe that darkness is the enemy in this world. It's not. The enemy in this world is that extremely blinding light that says, "You are flawed, you have dark patches on your face, you have cuts on your fingers, you have scars on your feet, and look, everyone can see all of that here in this light! There's nowhere to hide any of that here! Everyone can see it! You don't belong here!" A blinding light where there is no place for people to hide. That's the great evil in this world. A useless light, one that does not know that light is only useful when it is placed in the darkness! It's not darkness that is the enemy. We have vilified people's scars, people's wounds, and people's hiding places and we have told them that they don't belong "out here like that." Instead of going in there where they are, lighting a candle, and saying, "thanks for letting me inside."

— C. JoyBell C.

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)





**BEHAVIORAL HEALTH SERVICES LINE**

24 hours a day / 7 days a week / 365 days a year

**OC Links** is an entry point for the OC Health Care Agency's Behavioral Health Services System of Care which provides:

- ✓ Information
- ✓ Referral & Linkage
- ✓ Screening
- ✓ Crisis Response
- ✓ Homeless Outreach



Visit [www.ocalthinfo.com/oclinks](http://www.ocalthinfo.com/oclinks) for more information or live chat.

**TDD Number: (714) 834-2332**

**National Suicide Prevention Lifeline**

**800-273-TALK (8255)**

Provides 24/7, immediate, confidential over-the-phone suicide prevention services to anyone who is in crisis or experiencing suicidal thoughts.

**OC WarmLine**

**800-910-WARM (9276)**

Provides 24/7 telephone support service for anyone who has concerns about mental health, substance use, is overwhelmed or needs information.

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)



# 16

## Student Mental Health and Suicide Awareness

*Orange County Asian Pacific Islander Community Alliance (OCAPICA)*

**TIME:** 10:30 a.m. – 11:30 a.m.

**WHERE:** Virtual Webinar

For more information, please visit the website at:

<https://www.ocapica.org/workshops.html>

Please call the main line: 844-530-0240

RSVP with Program Supervisor Yuki Shida

([yshida@ocapica.org](mailto:yshida@ocapica.org)).

Mental health problems can affect a student's energy level, concentration, dependability, mental ability, and optimism in our performances. We will discuss student mental health, signs of mental illness what causes it, and ways we can prevent it.

### Understanding the Terminology

- **Suicidality:**  
Suicidal ideation, suicide plans, and suicide attempts
- **Suicidal Ideation:**  
Serious thoughts about taking one's life
- **Survivors of Suicide Attempts:**  
Those who have attempted suicide
- **Survivors of Suicide Loss:**  
Those who have lost a family member or loved one to suicide

SOURCE: [2019 Community Health Needs Assessment Kaiser Foundation Hospital: Anaheim and Irvine](#)

## Open House: Trauma & Self-Care in the Classroom

*Center for Applied Research*

**TIME:** 3:00 p.m. – 3:30 p.m.

**WHERE:** <https://tinyurl.com/back-to-school-open-house>

Join the OC Student Mental Health Team for Back to School Open Houses running throughout September!

Each 30-minute weekly session will focus on a specific topic and highlight a resource developed by the Resource Directory team. OC Networking will host the series alongside guest speakers who helped develop these resources.

This session (geared towards educators!) will provide an overview of strategies for smoothing the transition back to in-person learning. Learn more about best practices for addressing trauma, self-care, social problem-solving, and other topics that are sure to be relevant as you return to the classroom.

- Featured Resource: The Other R's in Education: Reconnecting, Reclaiming, & Reintegrating in Educational Spaces
- Guest Speaker: Heidi Cisneros
- Moderator: Angela J. Castellanos

September is National Suicide Prevention Month.

Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

17~20

**The Waiting Period – One Man Show by Brian Copeland**  
*The Laguna Playhouse*

**TIME:** Noon on 9/17 through 10 p.m. on 9/20/21

**WHERE:** Streaming Online

Suicide  
is the  
3<sup>rd</sup> leading  
cause  
of death  
for ages  
15-24.

Source:  
CDC/Adolescent Health

This show is an unrelenting look at a ten-day period in Copeland's life—the mandatory ten-day waiting period before he could lay his hands on the newly purchased gun with which he planned to take his own life. Even in the midst of this tragedy, however, his wonderful sense of the comedy of life does not desert him (how much should he spend on the gun?), indeed serves him insidiously well as a buffer against the grim reality of his intention.

Copeland hopes this very personal, and ultimately redemptive, story will reach people who struggle with depression—often called the last stigmatized disease—as well as their families and loved ones. Interspersed with interviews with other sufferers, the play, like so many Marsh stories, also offers outsiders an insider's view, thereby expanding our understanding and, hopefully, our humanity.

We will offer a Talk Back/ Panel Discussion in conjunction with the Streaming Performance.

Featuring  
Ali Borowsky (Find Your Anchor)

For more information, please visit the website at:  
<https://lagunaplayhouse.com/education-community-engagement/our-stories/>

Suicide prevention print and digital outreach and educational materials.  
Click HERE: [Cards and Brochures](#)

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 18

## Suicide Prevention 101 Webinar

*The Priority Center*

**TIME:** 11:30 a.m.– 12:30 p.m.

**WHERE:** Virtual Webinar

Register to attend at: <https://suicide-prevention-9-18-21.eventbrite.com>

The Priority Center's O&E program will be hosting a 60-minute webinar (30 minutes of presentation and 30 minutes for activities and questions) on how to recognize signs of suicidal ideation, prevention, symptoms and resources for Suicide Prevention Awareness Month.

Pain isn't always obvious, but most suicidal people show some signs that they are thinking about suicide. If you see even one warning sign, step in or speak up. Take the time to learn what to do now so you're ready to be there for a friend or loved one when it matters most.

### Signs of Suicide

- Increased alcohol or drug use
- Changes in normal sleep patterns
- Withdrawal (an individual stops talking to others or participating in activities he or she once enjoyed)
- Feelings of hopelessness, desperation, or of being trapped
- Giving away possessions, putting affairs in order (an individual rushes to complete or update a will)

### Critical Signs

If any of these signs are present, call 9-1-1 or a suicide prevention hotline:

- Threatening self-harm or suicide
- Talking about death or suicide while intoxicated
- Seeking methods for self-harm or suicide
- Talking about death or suicide and acting anxious or agitated

Learn about more signs of suicide and how to get involved at [www.suicideispreventable.org/](http://www.suicideispreventable.org/).

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

18~19

**Festival of the Children**

*Western Youth Services*

**TIME:** Noon~4:00 p.m.

**WHERE:** South Coast Plaza  
3333 Bristol St,  
Costa Mesa, CA 92626

For more information Please call Yeslee Fuentes Lead Outreach & Engagement Specialist: 949-680-0962

The Outreach and Engagement team will support the Festival of the Children by providing suicide prevention education by distributing resources, and providing mental health services to the community.

Pain Isn't Always Obvious

**KNOW  
THE SIGNS**

Suicide Is Preventable

Every person, organization and community can play a role in suicide prevention by knowing the signs of suicide, finding the words to support a friend or family member, and by reaching out to and promoting local and national resources. In support of National Suicide Prevention Week (September 5 – 11, 2021) and World Suicide Prevention Day (September 10), we are excited to provide the 2021 Suicide Prevention Activation Kit.

The theme of this year's activation kit is Supportive Transitions. Transitions can be conceptualized as an event or series of event that cause fundamental changes in the *fabric of daily life* – what people do, where they do it, and with whom. They can impact our mental health and major life changes have long been understood to be environmental risk factors for suicide. Positive coping skills, resilience, and connectedness to family, friends, and our community can act as protective factors to help us navigate transitions. Remember, all of us can play a role in suicide prevention.

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

20

Wellness is  
the  
natural state  
of my body.

LOUISE HAY

**Bereavement 101 for Suicide Prevention Webinar**

*The Priority Center*

**TIME:** 12:30 p.m. – 1:30 p.m.

**WHERE:** Zoom Webinar

Register to attend at: <https://bereavement-for-suicide-prevention-9-20-21.eventbrite.com>

The Priority Center's Outreach and Engagement program will host a 60-minute webinar (30 minutes of presentation and 30 minutes for activities and questions) on bereavement and how to recognize signs of suicidal ideation from grief and hopelessness, and provide resources.

**Youth Theatre Staged Reading Series**

*The Laguna Playhouse*

**TIME:** 7 p.m.

**WHERE:** Virtual Reading – Zoom

Staged Reading of a Play that deals with themes of Suicide Prevention with LPAC Students and/or College Actors

We will offer a Talk Back/Panel Discussion in conjunction with the Performance featuring actors and professional counselors.

For more information, please visit the website at: <https://lagunaplayhouse.com/education-community-engagement/our-stories/>

To RSVP, contact Bria Holt at [bholt@lagunaplayhouse.com](mailto:bholt@lagunaplayhouse.com)

**FIND MENTAL HEALTH INFORMATION AND STATISTICS HERE:**

<https://www.nimh.nih.gov/health/statistics/index.shtml>

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

21

**Beautiful fake smile.  
All it takes is a  
beautiful fake smile  
to hide an injured  
soul and  
they will never  
notice how broken  
you really are.**

Robin Williams

**La Crianza de Niños Resistentes, una Forma de Prevención de Suicidio (Raising Resilient Children, a Form of Suicide Prevention) (Spanish)**

*The Priority Center*

**TIME:** 11 a.m.-12 p.m. o 5 p.m.-6 p.m.

**WHERE:** Zoom

¡Únase con el Programa de Preparación Escolar mientras revisamos las formas en que los padres pueden ayudar a criar niños resistentes desde el nacimiento! La clase se ofrecerá en sesiones por la mañana y la tarde. Para registrarse o para obtener más información, comuníquese con Karla Miranda, directora del programa, por correo electrónico [kmiranda@theprioritycenter.com](mailto:kmiranda@theprioritycenter.com) o por teléfono 714-559-0797.

**Spanish Suicide Prevention for Parents & Caregivers: Protecting our Youth**

*Western Youth Services*

**TIME:** 4 p.m. – 5 p.m.

**WHERE:** Virtual Webinar

<https://zoom.us/j/91729098553>

This presentation is aimed to help understand what self-harm is. It will review myths and facts about self-harm, warning signs to be aware of, ways in which a person may be a source of support for another who self-harms, and how to start a conversation with a person who may be in need of support.

For more information, please email:

[Ruben.Dominguez@westernyouthservices.org](mailto:Ruben.Dominguez@westernyouthservices.org)

For an overview of the resources and activities in this kit, view the [Suicide Prevention Week 2021 Webinar](#).

The activation kit is intended to help individuals, organizations and communities across California with planning and implementing suicide prevention awareness initiatives. The resources and activities included in this kit can be used throughout the year, not just during Suicide Prevention Week.

It is suggested to begin with downloading the [Overview and Activity Guide \(English / Spanish\)](#)

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 21

**“Anxiety does  
not empty  
tomorrow of its  
sorrows,  
but only empties  
today of its strength.”**

**Charles Spurgeon**

**Student Mental Health and Suicide Awareness**

*Orange County Asian Pacific Islander Community Alliance (OCAPICA)*

**TIME:** 10:30 a.m. – 11:30 a.m.

**WHERE:** Virtual Webinar

For more information, please visit the website at:  
<https://www.ocapica.org/workshops.html>

Please call the main line: 844-530-0240

RSVP with Program Supervisor Yuki Shida  
([yshida@ocapica.org](mailto:yshida@ocapica.org)).

Mental health problems can affect a student's energy level, concentration, dependability, mental ability, and optimism in our performances. We will discuss student mental health, signs of mental illness what causes it, and ways we can prevent it.

**Art for Healing from Grief: Acceptance**

*Orange County Asian Pacific Islander Community Alliance (OCAPICA)*

**TIME:** 5 p.m. – 6 p.m.

**WHERE:** Virtual Webinar

For more information, please visit the website at:  
<https://www.ocapica.org/workshops.html>

Please call the main line: 844-530-0240

RSVP with Program Supervisor Yuki Shida  
([yshida@ocapica.org](mailto:yshida@ocapica.org)).

Grief affects us in a variety of ways, and healing from it happens in stages. Join us to learn about the cycle of grief and how to process your feelings in each stage using art and social support. Art supplies will be available for pick up at no cost in Garden Grove for the first 10-15 sign-ups!

*“The only journey is the journey within.”*

*Rainer Maria Rilke*

September is National Suicide Prevention Month.

Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)



# 21

## Time Management & Organization Impacts our Mental Health

*Western Youth Services*

**TIME:** 9:00 a.m.

**WHERE:** Tustin High School  
1171 El Camino Real  
Tustin, CA 92780

For more information Please call Yeslee Fuentes Lead Outreach & Engagement Specialist: 949-680-0962

This presentation is geared to explain why time management and organization is important at any age. In this workshop Yeslee will provide useful tips, strategies, tools and resources that one can utilize to improve one's time management and organizational skills.

Youth mental health is worsening. 9.7% of youth in the U.S. have severe major depression, compared to 9.2% in last year's dataset. This rate was highest among youth who identify as more than one race, at 12.4%.

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



See

Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

22

Some people  
suffer in  
silence, pain in  
the hearts  
but smiles on  
their faces.

Isha Barlas

**Healthy Coping Skills Workshop**

*Western Youth Services*

**TIME:** 7:30 a.m.-8:00 a.m.

**WHERE:** Foothill High School  
19251 Dodge Ave  
Santa Ana, CA 92705

For more information Please call Yeslee Fuentes Lead Outreach & Engagement Specialist: 949-680-0962

The presentation will go over the different types of approaches one may take when coping with their emotions, everyday tasks, stressors in our lives, and will also compare and contrast positive coping skills versus negative coping skills. Learning healthy coping skills is imperative for suicide prevention.

**Mental Health 101 and Navigating Resources**

*Orange County Asian Pacific Islander Community Alliance (OCAPICA)*

**TIME:** 10 a.m. – 11 a.m.

**WHERE:** Virtual Webinar

For more information, please visit the website at:  
<https://www.ocapica.org/workshops.html>

Please call the main line: 844-530-0240  
RSVP with Program Supervisor Yuki Shida  
([yshida@ocapica.org](mailto:yshida@ocapica.org)).

This presentation is an introduction to mental health, how to practice self-care, and navigating mental health services.

*Never underestimate the pain of a person, because, in all honesty,  
everyone is struggling. Just some people are better  
at hiding it than others.*

Unknown

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 22

**Honest Hour: Myths & Facts Surrounding Teen Substance Use and Suicide Prevention**  
NAMI-OC

**TIME:** 7:00 p.m. – 8:30 p.m.

**WHERE:** Virtual Webinar

For more information, please visit the website at:  
<https://www.namIOC.org/honest-hour>

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

Email: [awilson@namIOC.org](mailto:awilson@namIOC.org)

**Honest Hour is a safe space to seek answers to your mental health questions and connect through shared experiences.**

**Join NAMI-OC for an Honest Hour.** A panel will be debunk myths and share the facts surrounding teen and young adult substance use and suicide prevention. We will explore the intersection of substance use and mental health, how to recognize the signs when a peer may be in crisis, where to find resources, and more. This is a safe space for teens and young adults to ask questions and get the facts! Panelists will include representatives from Partners 4 Wellness and Didi Hirsch Mental Health Services.

**Do you have a question you would like answered during Honest Hour?** Submit your questions by:

1. Direct message your questions to [@NAMI OC on Instagram](#)
2. Email Amanda at [awilson@namIOC.org](mailto:awilson@namIOC.org),
3. Submit your question through our [Google Form](#).

**\*\*All questions submitted will remain ANONYMOUS.**

You Matter

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

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

Walt Disney

22

When you feel  
like giving up,  
just remember  
the reason why  
you held on for  
so long.

UNKNOWN

**Connecting in a New Age** (Spanish)

*Western Youth Services*

**TIME:** 6:00 p.m.

**WHERE:** Tustin High School  
1171 El Camino Real  
Tustin, CA 92780

For more information Please call Yeslee Fuentes Lead Outreach & Engagement Specialist: 949-680-0962

In this workshop participants will learn new ways to connect with their community, families and friends by using technology and other methods of communication. This workshop will also be talking about how to reframe problems and tweak schedules to reduce our stress in our daily lives.

## Suicide Prevention Month: Ideas for Action

Looking for ways to observe Suicide Prevention Month?

This [two-page resource](#) offers information to help anyone, anywhere get involved. In September, we encourage you to take action to help prevent suicide in your community—learn about effective suicide prevention, share stories of hope, and empower everyone to be there for those in distress.

Learn more here: <https://www.sprc.org/news/suicide-prevention-month-ideas-action-0>

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

## It's Okay To Talk About Suicide

- Suicide is the [2<sup>nd</sup>](#) leading cause of death among people aged 10-34 in the U.S.
- Suicide is the [10<sup>th</sup>](#) leading cause of death in the U.S.
- The overall suicide rate in the U.S. has increased by [35%](#) since 1999
- [46%](#) of people who die by suicide had a diagnosed mental health condition
- [90%](#) of people who die by suicide had shown symptoms of a mental health condition, according to interviews with family, friends and medical professionals (*also known as psychological autopsy*)
- Lesbian, gay and bisexual youth are [4x](#) more likely to attempt suicide than straight youth
- [78%](#) of people who die by suicide are male
- Transgender adults are [nearly 12x](#) more likely to attempt suicide than the general population
- Annual prevalence of serious thoughts of suicide, by U.S. demographic group:
  - [4.8%](#) of all adults
  - [11.8%](#) of young adults aged 18-25
  - [18.8%](#) of high school students
  - [46.8%](#) of lesbian, gay, and bisexual high school students

SOURCE: <https://www.nami.org/mhstats>

*If you or someone you  
know is in an emergency,  
call  
The National Suicide Prevention Lifeline  
at  
**800-273-TALK (8255)**  
or  
**call 911**  
immediately.*

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

23

Suicide doesn't  
end the  
chances of life  
getting worse,  
it eliminates  
the possibility  
of it ever  
getting any  
better.

UNKNOWN

**Raising Resilient Children a Form of Suicide Prevention**

*The Priority Center*

**TIME:** 11 a.m.-12 p.m. or 5 p.m.-6 p.m.

**WHERE:** Zoom

Join the School Readiness Program as we review ways parents can help raise resilient children starting at birth! Class will be offered in both morning and evening sessions. To register or for more information please contact Karla Miranda, Program Director, at [kmiranda@theprioritycenter.org](mailto:kmiranda@theprioritycenter.org) or at 714-559-0797.

**Open House: Active Approaches to Suicide Prevention**

*Center for Applied Research*

**TIME:** 3:00 p.m.– 3:30 p.m.

**WHERE:** <https://tinyurl.com/back-to-school-open-house>

Join the OC Student Mental Health Team for Back to School Open Houses running throughout September!

Each 30-minute weekly session will focus on a specific topic and highlight a resource developed by the Resource Directory team. OC Networking will host the series alongside guest speakers who helped develop these resources.

Take action in your school to prevent suicide. This session will present resources that address each phase of implementing an effective suicide prevention campaign.

- Featured Resource: School-based Suicide Prevention Campaigns: A Step-by-Step Resource Guide
- Guest Speaker: Heidi Cisneros
- Moderator: Angela J. Castellanos

Pre-written messages to be disseminated with the goal of increasing suicide prevention awareness. Click **HERE: [Public Service Announcement's \(PSA's\)](#)**

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

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## Suicide Prevention Outreach

Phoenix House

TIME: 2 p.m.

WHERE: Boys and Girls Club of Santa Ana  
950 W. Highland Street  
Santa Ana, CA 92703

Phoenix House will host a suicide prevention tabling event at the monthly Boys and Girls Club food drive. Participants will be provided with information (including “Know the Sign” pamphlets, etc.) local resources, goodie bags and green ribbons.

*When you get into a  
tight place and  
everything goes against  
you, till it seems as  
though you could not  
hang on a minute longer,  
never give up then, for  
that is just the place  
and time that the tide  
will turn.*

Harriet Beecher Stowe

## 2021-2022 Showcase of Youth Engagement Opportunities

Orange County Department of Education (OCDE)

TIME: 4 p.m.-5:30 p.m.

WHERE: Zoom Virtual Event

Please call Elke Petras if you have any questions: 714-966-4458 or [epetras@ocde.us](mailto:epetras@ocde.us)

OCDE Youth Development Programs will be hosting a virtual event to present no cost opportunities that can help school staff and student groups with mental health promotion, Red Ribbon Week/substance use prevention, bullying prevention, social-emotional learning, and positive school climate activities. Participants will learn ways to support student wellbeing.

Always be kind.

If you see someone falling behind, walk beside them.

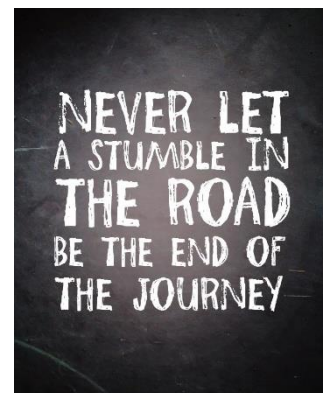
If someone is being ignored, find a way to include them.

If someone has been knocked down, lift them up.

Always remind people of their worth.

BE who you needed when you were going through hard time.

Just one small act of kindness could mean the world to someone.



September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)



23

One of the  
secrets of life is  
to make  
stepping stones  
out of stumbling  
blocks.

Jack Penn

**Suicide Prevention Education**

*The Cambodian Family Community Center*

**TIME:** 12 p.m. – 1 p.m.

**WHERE:** Virtual Webinar

For more information, please call (714) 591-6439 or  
Email: [sreyrothl@cambodianfamily.org](mailto:sreyrothl@cambodianfamily.org)

This workshop we will educate participants about suicide prevention and resources in the community. We also distribute small succulent for participants to plant.

**Stress Management & Know the Signs (of Suicide)**

*Orange County Asian Pacific Islander Community Alliance (OCAPICA)*

**TIME:** 10:30 a.m. – 11:30 a.m.

**WHERE:** Virtual Webinar

For more information, please visit the website at:  
<https://www.ocapica.org/workshops.html>

Please call the main line: 844-530-0240  
RSVP with Program Supervisor Yuki Shida  
([yshida@ocapica.org](mailto:yshida@ocapica.org)).

Join us today on learning how we can foster positive coping skills through COVID-19 by learning how to manage stress! We will also be discussing learn the signs for suicide prevention. We will be discussing the importance of self-care during the pandemic. This webinar will provide you with an opportunity to practice coping skills, education and resources!

## Intimate Partner Violence

A Pathway to Suicide

Female victims with a chronic illness or disability who experience intimate partner violence have an increased risk of threatening or attempting suicide. Women who undergo such abuse—particularly sexual—may exhibit suicidal ideation. Battered females seeking care in emergency departments likely have histories of this behavior. Medical personnel in those facilities should ask domestic violence patients about suicidal thoughts.

**SOURCE:** <https://leb.fbi.gov/articles/featured-articles/intimate-partner-violence-a-pathway-to-suicide>

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

23

"We May  
Encounter  
Many Defeats  
But We Must  
Not Be  
Defeated."

Maya Angelou

**General Suicide Prevention Training**

*Didi Hirsch*

**TIME:** 1:00 p.m.-2:30 p.m.

**WHERE:** Virtual via zoom

For more information or to RSVP, please email  
[kjow@didihirsch.org](mailto:kjow@didihirsch.org)

DHMHS will be conducting an open virtual training on suicide prevention.

**Suicide Prevention Education**

*The Cambodian Family Community Center*

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

**LOCATION:** Virtual  
<https://us02web.zoom.us/j/88678505926>

A discussion on the topic of suicide and prevention strategies for older adults.

For additional information, please contact:

Sokol Roeun, Case Manager

Phone: (714) 571-1966 EXT. 116 Email:

[sokolr@cambodianfamily.org](mailto:sokolr@cambodianfamily.org)

**Time Management & Organization Impacts our Mental Health**

*Western Youth Services*

**TIME:** 7:00 p.m.

**WHERE:** Webinar

For more information Please call Yeslee Fuentes Lead Outreach & Engagement Specialist: 949-680-0962

This presentation is geared to explain why time management and organization is important at any age. In this workshop O&E will provide useful tips, strategies, tools and resources that one can utilize to improve one's time management and organizational skills.

*Todos tenemos cicatrices,  
Todos tenemos historias.*

September is National Suicide Prevention Month.

Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# Turning Silver into Gold

Discover hidden treasures at your local Senior Center

Restart | Reengage | Reconnect

**September 24<sup>th</sup> | 8:30 am-12 noon**

## Featured Speakers

**Maddy Dychtwald**, Aging Futurist & AgeWave Co-Founder

**Tom Blake**, Mature Dating & Romance Expert, Blogger and Columnist

**Aimee Aul**, Parks and Recreation Educator, Fullerton Community Center

**EvaMarie Rodriguez-Morris**, Emeritus Institute

## Register Today!

### Attending In-Person?

To register, click the Senior Center that you plan to attend, or call the phone number listed.

[OASIS Senior Center](#) or call (949) 644-3244

[Norman P. Murray Senior Center](#) or call (949) 470-8441

[Dorothy Visser Senior Center](#) or call (949) 498-3322

[H. Louis Lake Senior Center](#) or call (714) 741-5253

[Buena Park Senior Activity Center](#) or call (714) 236-3870

[Stanton Senior Center](#) or call (714) 890-4271

[Yorba Linda Senior Center](#) or call (714) 961-7181

[Tustin Senior Center](#) or call (714) 573-3340

### Attending Virtually?

Register here: [RSVP Virtual](#)

For information, contact: [emily.bennett@alzoc.org](mailto:emily.bennett@alzoc.org)  
[patty.mouton@alzoc.org](mailto:patty.mouton@alzoc.org)

**Sponsorship opportunities available! In-person capacity limited to 50 at each Senior Center; Virtual attendance is UNLIMITED!**

This event is made possible by: OneCare Connect Cal MediConnect Plan, Ting Fiber Internet, Aging & Disability Resource Connection, SBHIS Insurance Svcs., Alzheimer's Orange County, Meals on Wheels OC, Be Well OC, OC Aging Services Collaborative, Memorial Care Medical Group, Independence at Home, OC Senior Center Directors, Pacific Clinics, Clearwater Living at North Tustin, the Braille Institute, And Preseley General Insurance Agency, Inc..



## Encourage all OC seniors to attend!

Blow me down, Mateys and Ahoy there!

**Take note—an event, one you'll surely share!**

There's **treasure galore right here in OC**  
**at your Senior Center** is where you'll be  
Enticed with **pearls of wisdom and fun**  
**compelling speakers**, Maddy Dychtwald is one!

Shivver me timbers, mark down this fine date  
**24<sup>th</sup> of September**—you won't want to be late!  
**Learning through life, and enhancing romance**  
Such gems will be offered, **don't miss your chance!**

**This hybrid event** will give folks quite a choice  
**to join us in-person, or use their virtual voice.**  
Dubloons and repast, maybe even some grog  
We'll make it a **party**—rain, shine, drizzle or fog.

Yo ho, yo ho ho, what a day this will be  
for this exploration—**Senior fun in OC!**

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

24

WELLNESS  
IS A  
CONNECTION  
OF PATHS:  
KNOWLEDGE  
AND ACTION.

JOSHUA WELCH

## Suicide Prevention tabling

*Phoenix House*

**TIME:** 1 p.m.~4 p.m.

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

Phoenix House will host a suicide prevention tabling in the front of a local grocery store. Shoppers will receive information (including “Know the Sign” pamphlets, etc.) local resources, goodie bags and green ribbons.

### Dr. Park In-Service (Suicide Prevention/Crisis Intervention)

*Council on Aging-Southern California (COASC)*

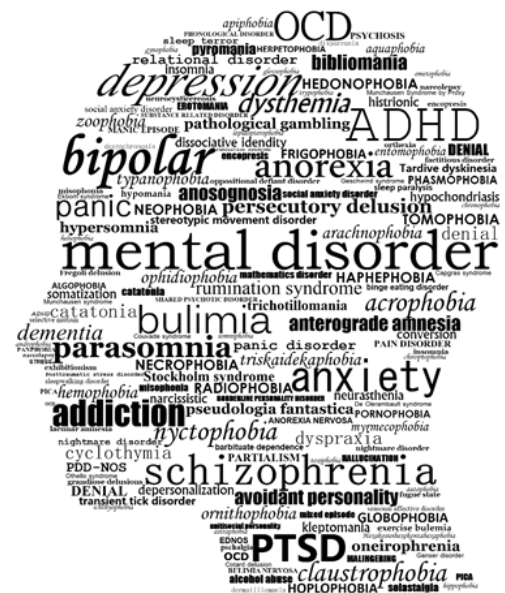
**TIME:** 10 a.m.~11:30 a.m.

**WHERE:** COASC Training Room  
2 Executive Circle, Suite 175  
Irvine, CA 92614

In-Service to COASC HICAP Program covering suicide prevention/crisis intervention. Dr. Park will review with HICAP team: warning signs to seek out when providing Medicare counseling to seniors in person or on the phone, how to diplomatically ask questions, and where to re-direct clients for help.

"One small crack does not mean that you are broken, it means that you were put to the test and you didn't fall apart."

Linda Poindexter



September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)



24

*“We Generate  
Fears While We  
Sit. We  
Overcome Them  
By Action.”*

*Dr. Henry Link*

**Connect-OC Coalition Meeting**  
*Partners4Wellness, Connect-OC*

**TIME:** 10:00 a.m. – 11:30 a.m.

**WHERE:** ZOOM Meeting

To be added to the email distribution list and receive coalition meeting invites and agendas please email [bveraza@p4w.org](mailto:bveraza@p4w.org)

Connect-OC hosts monthly coalition meetings that incorporate panel presentations addressing a variety of mental health topics, local resources, events, and networking opportunities related to the mental health of transitional age youth (16-24) in Orange County.

To learn more about the coalition and its mission [click here](#).

To be added to the email distribution list to receive coalition meeting invites, meeting summaries, and more please email [info@connect-oc.org](mailto:info@connect-oc.org) or visit our [website](#).

This month's meeting will focus on Orange County crisis response efforts.

For more information or if you have any questions please contact David Paddison

Email: [dpaddison@p4w.org](mailto:dpaddison@p4w.org)

## Decolonizing Mental Health

[PBS](#) has released *Decolonizing Mental Health*, a digital series that aims to dismantle racism in mental health care and redress the ways psychiatric illness and health have historically been defined.

To learn more: <https://www.sprc.org/news/decolonizing-mental-health>

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 28

## Student Mental Health and Suicide Awareness

Orange County Asian Pacific Islander Community Alliance (OCAPIA)

**TIME:** 10:30 a.m. – 11:30 a.m.

**WHERE:** Virtual Webinar

For more information, please visit the website at:

<https://www.ocapica.org/workshops.html>

Please call the main line: 844-530-0240

RSVP with Program Supervisor Yuki Shida

([yshida@ocapica.org](mailto:yshida@ocapica.org)).

Mental health problems can affect a student's energy level, concentration, dependability, mental ability, and optimism in our performances. We will discuss student mental health, warning signs of mental illness, what causes it, and ways we can prevent it from becoming worse. Did you know suicide is one of the top 5 mental health challenges students face? In the month of September, we will be bringing awareness on this topic.

## Art for Healing from Grief: Empowerment and Hope

Orange County Asian Pacific Islander Community Alliance (OCAPIA)

**TIME:** 5 p.m. – 6 p.m.

**WHERE:** Virtual Webinar

For more information, please visit the website at:

<https://www.ocapica.org/workshops.html>

Please call the main line: 844-530-0240

RSVP with Program Supervisor Yuki Shida

([yshida@ocapica.org](mailto:yshida@ocapica.org)).

Grief affects us in a variety of ways, and healing from it happens in stages. Join us to learn about the cycle of grief and how to process your feelings in each stage using art and social support. Art supplies will be available for pick up at no cost in Garden Grove for the first 10-15 sign-ups!

*"I understand your pain.  
Trust me, I do. I've seen  
people go from the  
darkest moments in their  
lives to living a happy,  
fulfilling life. You can do  
it too. I believe in you.  
You are not a burden.  
You will NEVER BE a  
burden."*

*Sophie Turner*

*"Do What You Can With All You Have,  
Wherever You Are."*

Theodore Roosevelt

September is National Suicide Prevention Month.

Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 28

“Be patient  
and tough;  
someday this  
pain will be  
useful to  
you.”

Ovid

## Happy Hour: Mix It Up

NAMI-OC

**TIME:** 6:00 p.m. – 7:00 p.m.

**WHERE:** Virtual Webinar

For more information, please visit the website at:  
<https://www.namioc.org/nami-happy-hour>

Please call Amanda if you have any  
questions: (714)544-8488.  
Email: [awilson@namioc.org](mailto:awilson@namioc.org)

On September 28th, join NAMI-OC for a mocktail mixology class. Follow along and get creative with us during Happy Hour as we demonstrate how to make fun, trendy hot and cold drinks such as hot apple cider and creamy lemonade just to name a few.

As we mix things up, let's get real about the pressure we face as teens and young adults to drink alcohol and how you don't need it to have a fun time or fancy drink!

## DID YOU KNOW

Rates of suicidal ideation are highest among youth, especially LGBTQ+ youth. In September 2020, over half of 11~17-year-olds reported having thoughts of suicide or self-harm more than half or nearly every day of the previous two weeks. From Jan. to Sept. 2020, nearly 78,000 youth reported experiencing frequent suicidal ideation, including nearly 28,000 LGBTQ+ youth.

(Source: <https://mhanational.org/number-people-reporting-anxiety-and-depression-nationwide-start-pandemic-hits-all-time-high>)

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)



# 28

“There is hope,  
even when your  
brain tells you  
there isn’t.”

*John Green*

**Hope Out of the Darkness– Dylan Russell discusses OUR STORIES with Shell Pavis**

*The Laguna Playhouse*

**TIME:** Podcast (AFSP-OC)

**WHERE:** Podcast/Online

<https://liveplayorangepocounty.com/hope-out-of-the-darkness-podcast/>

Dylan Russell (Laguna Playhouse) and her nephew Jake Blair (MSW Candidate at University of Denver) are guest speakers on Shell Pavis’ HOPE OUT OF THE DARKNESS Podcast/YouTube series. They discuss how art facilitated healing after the death by suicide of their family member, Matthew. This experience helped inspired Dylan to create the OUR STORIES Program at Laguna Playhouse - giving TAY Youth a space to share their life stories & experiences with our community.

Dylan and Jake describe the ways they have embraced the capacity for the arts to facilitate mental health & wellbeing, both in their work and their personal life.

Please email Dylan Russell [drussell@lagunaplayhouse.com](mailto:drussell@lagunaplayhouse.com) if you have any questions.

## Suicide By The Numbers

- Suicide is the tenth leading cause of death in the US, accounting for more than 1% of all deaths. It is the second leading cause of death among people ages 15-24.
- More years of life are lost to suicide than to any other single cause except heart disease and cancer
- 44,000 Americans die by suicide each year. There are 13.8 deaths by suicide per 100,000 persons each year.
- There is one death by suicide for every 25 attempts
- 40% of persons who complete suicide have made a previous attempt. Nine out of ten people who attempt suicide and survive, do not go on to complete suicide at a later date.
- Previous suicide attempts serve as a risk factor for completed suicide. Suicide risk is 37% higher in the first year after deliberate self-harm than in the general population. Older white adults have triple the suicide risk than younger, non-white adults.
- Suicide rates are highest among adults between 45 and 64 at 19.6 per 100,000. The second highest rate is 19.4 per 100,000 among those 85 years or older. Compared with middle-aged older adults, younger populations have consistently lower suicide rates. While males are four times more likely to die by suicide, females are three times more likely to attempt suicide.
- Those with substance abuse disorders are six times more likely to complete suicide than those without. The rate of completed suicide among men with alcohol/drug abuse problems is 2-3 times higher than among those without a problem. Women who abuse substances are at 6-9 times higher risk of suicide compared to women who do not have a problem.

SOURCE: <https://www.mhanational.org/conditions/suicide>

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

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**Time Management & Organization Impacts our Mental Health**

*Western Youth Services*

**TIME:** 7:30 a.m.

**WHERE:** Foothill High School  
19251 Dodge Ave  
Santa Ana, CA 92705

For more information Please call Yeslee Fuentes Lead Outreach & Engagement Specialist: 949-680-0962

This presentation is geared to explain why time management and organization is important at any age. In this workshop O&E will provide useful tips, strategies, tools and resources that one can utilize to improve one's time management and organizational skills.

*“What I love about therapy is that they'll tell you what your blind spots are. Although that's uncomfortable and painful, it gives you something to work with.”*

Pink

**Stress Management & Know the Signs (of Suicide)**

*Orange County Asian Pacific Islander Community Alliance (OCAPICA)*

**TIME:** 10:30 a.m. – 11:30 a.m.

**WHERE:** Virtual Webinar

For more information, please visit the website at:  
<https://www.ocapica.org/workshops.html>

Please call the main line: 844-530-0240  
RSVP with Program Supervisor Yuki Shida  
([yshida@ocapica.org](mailto:yshida@ocapica.org)).

Join us today on learning how we can foster positive coping skills through COVID-19 by learning how to manage stress! We will also be discussing learn the signs for suicide prevention. We will be discussing the importance of self-care during the pandemic. This webinar will provide you with an opportunity to practice coping skills, education and resources!

A friend from school appears withdrawn and you're not quite sure if they have been considering self-harm.

Do you know the best way to support them?

**[WWW.SUICIDEISPREVENTABLE.ORG](http://WWW.SUICIDEISPREVENTABLE.ORG)**

September is National Suicide Prevention Month.  
Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

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**Spanish Suicide Prevention for Parents & Caregivers: Protecting our Youth**  
*Orange County Asian Pacific Islander Community Alliance (OCAPICA)*

**TIME:** 9 a.m. – 10 a.m.

**WHERE:** My Safe Harbor  
819 S Harbor Blvd  
Anaheim CA 92805

This presentation is aimed to help understand what self-harm is. It will review myths and facts about self-harm, warning signs to be aware of, ways in which a person may be a source of support for another who self-harms, and how to start a conversation with a person who may be in need of support.

**DID YOU KNOW:** Intimate partner problems were identified in 1,327 (26%) of all suicide cases where circumstances were known and intimate partner violence in 575 (43%) cases identified as having intimate partner problems. There was an argument or fight in 30% of cases where intimate partner problems were identified and most were immediately followed by the suicide.

**SOURCE:** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6420923/>



LGBTQ teens are **six** times more likely to experience symptoms of **depression** than their heterosexual counterparts.

**SOURCE:** Anxiety and Depression Association of America *that reads:* LGBTQ+ teens are six times more likely to experience symptoms of depression than their heterosexual counterparts.  
**Web-link:** <https://adaa.org/lgbtq-communities#Facts>

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## Mental Illness and The Criminal Justice System

### CRIMINAL JUSTICE SYSTEM

- About [2 million times](#) each year, people with serious mental illness are booked into jails.
- About 2 in 5 people who are incarcerated have a history of mental illness ([37%](#) in state and federal prisons and [44%](#) held in local jails).
- [66%](#) of women in prison reported having a history of mental illness, almost twice the percentage of men in prison.
- Nearly [one in four](#) people shot and killed by police officers between 2015 and 2020 had a mental health condition.
- Suicide is the [leading cause](#) of death for people held in local jails.
- An estimated [4,000](#) people with serious mental illness are held in solitary confinement inside U.S. prisons.

### COMMUNITIES

- [70%](#) of youth in the juvenile justice system have a diagnosable mental health condition.
- Youth in detention are [10 times](#) more likely to suffer from psychosis than youth in the community.
- About [50,000](#) veterans are held in local jails — [55%](#) report experiencing a mental illness.
- Among incarcerated people with a mental health condition, non-white individuals are [more likely](#) to go to solitary confinement, be injured, and stay longer in jail.

### ACCESS TO CARE

- About 3 in 5 people ([63%](#)) with a history of mental illness do not receive mental health treatment while incarcerated in state and federal prisons.
- Less than half of people ([45%](#)) with a history of mental illness receive mental health treatment while held in local jails.
- People who have healthcare coverage upon release from incarceration are [more likely](#) to engage in services that reduce recidivism.

SOURCE: <https://www.nami.org/mhstats>

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**Open House: Responding to Students' Mental Health Crises**  
*Center for Applied Research*

**TIME:** 3:00 p.m.– 3:30 p.m.

**WHERE:** <https://tinyurl.com/back-to-school-open-house>

Join the OC Student Mental Health Team for Back to School Open Houses running throughout September!

Each 30-minute weekly session will focus on a specific topic and highlight a resource developed by the Resource Directory team. OC Networking will host the series alongside guest speakers who helped develop these resources.

Mental health crises threaten students of all ages. Whatever your role in a student's life, you can help by learning to recognize signs of distress, assess worrying behavior, and respond effectively. Do all this by learning how you can integrate the Orange Folder into your school community.

- Featured Resource: Orange Folder: See Something, Say Something, Do Something
- Guest Speaker: Clara D'Agostino
- Moderator: Angela J. Castellanos

*The real reason for  
not committing  
suicide  
is because you  
always know how  
swell life gets again  
after the hell is  
over.*

ERNEST HEMINGWAY

**Teaching Suicide Awareness in Simple Steps**

*OMID*

**TIME:** 11:00 a.m. ~12:30 p.m.

**WHERE:** Virtual Webinar (ZOOM)

For more information and to register, please contact O&E Specialist at: [949-502-4721](tel:949-502-4721) Or email [hgomnam@omidinstitute.org](mailto:hgomnam@omidinstitute.org)

1. Important facts about suicide: signs, attitudes and behaviors will be discussed;
2. Possible reasons for a person to consider suicide;
3. The stigma and culture that may lead to suicide and how to prevent it..

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**Suicide Prevention for Non-Professionals**

*Orange County Asian Pacific Islander Community Alliance (OCAPICA)*

**TIME:** 12 p.m. – 1 p.m.

**WHERE:** Virtual Webinar

For more information, please visit the website at:

<https://www.ocapica.org/workshops.html>

Please call the main line: 844-530-0240

RSVP with Program Supervisor Yuki Shida ([yshida@ocapica.org](mailto:yshida@ocapica.org)).

Suicide is a public health issue. Learn about the risk and protective factors that contribute to suicide, warning signs to look for, barriers to seeking help, and how to help someone in need.

"When asked 'Did you seriously consider attempting suicide during the past 12 months?'

45.8% of LGB youth reported that they had seriously considered attempting suicide versus 13.5% of their non-LGB peers.

Similar results were found for transgender youth, with 49.2% admitting to having seriously considered suicide versus 15.2% of non-transgender youth.

When translated into real numbers, this indicates that in one year in Orange County approximately 7,065 middle school and high school LGBT youth seriously considered attempting suicide."

SOURCE: <https://www.chapman.edu/education/files/research/oc-lgbt-narrative.pdf>

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## RESOURCES

### OC Links

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

Website: [www.ochalthinfo.com/oclinks](http://www.ochalthinfo.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 Behavioral Health Services (BHS) 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 abuse program within the BHS 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.

### Suicide Prevention Lifeline

Phone: 800 273-8255 (TALK)

Deaf and Hard of Hearing Text Line: TEXTME

Website: [www.didihirsch.org/warning\\_signs](http://www.didihirsch.org/warning_signs)

Languages: English and Spanish; Interpretation for other languages is available via a language translation service.

Hours: 24 hours a day, 7 days a week

The Suicide Prevention Line 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.

### Survivor's Support Services

Phone: (714) 547-0885

Website: [www.didihirsch.org/suicide-prevention/survivor-support-services-orange-county](http://www.didihirsch.org/suicide-prevention/survivor-support-services-orange-county)

Languages: English, Spanish, Korean, Vietnamese and Arabic

The Survivor Support Services program provides support for those who have lost a loved one to suicide and those who have survived a suicide attempt. The program educates the community on suicide prevention and intervention. These services include crisis support bereavement groups.

### Know the Signs/National Suicide Prevention Lifeline

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

Website: [www.suicideispreventable.org](http://www.suicideispreventable.org) (website information is also in Spanish)

Hours: 24 hours a day, 7 days a week

September is National Suicide Prevention Month.

Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)



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/](http://www.suicideispreventable.org/)

**NAMI WarmLine (Orange County)**

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

Website: [www.namiooc.org/](http://www.namiooc.org/)

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

Hours: 24/7

The NAMI WarmLine provides telephone-based, non-crisis support for anyone struggling with mental health and/or substance abuse issues.

**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](http://ochealthinfo.com/bhs/about/cys/crisis_services)

Adult CAT Website: <http://www.ochealthinfo.com/bhs/about/aoabh/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.



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