Dear Friends,

Every family faces setbacks. Sometimes we can weather them on our own. Sometimes, without help, those setbacks can lead to lasting, even life-threatening problems.

Didi Hirsch has been a safety net for families in Southern California for nearly 75 years. Whether they call our Suicide Prevention Center, receive therapy in our clinics, see a therapist at school or move into one of our residential treatment centers, children and adults find the help they need at Didi Hirsch.

The safety net has become even stronger thanks to the Affordable Care Act (ACA). With its rollout, millions of impoverished adults under 65 became eligible for health insurance through Medicaid. And, the ceiling on the allowable income of impoverished families was raised. What a momentous change. In 2015 alone, we served over 1,700 newly insured children and adults. Although coming to fruition more slowly, the ACA also opens up access to care for millions of Americans with substance use disorders. They have been the most underfunded of all diseases; according to a national survey, less than 11% of those with substance use disorders receive treatment. We celebrate the growing acceptance that substance use is a disease, not a moral failing.

Didi Hirsch has approached our clients’ care with an integrated approach for years. To address the often-neglected medical needs of our clients, South Bay Family Health Care and Westside Family Health Center send health practitioners to our Inglewood and Culver City Centers respectively. To promote the mental health of women receiving residential substance use treatment at Via Avanta, we built a mental health clinic on site.

When you read about the transformations in the lives of the clients featured in our 2015 Annual Report, imagine their lives without the care that tended to all their needs.

Yes, there’s much to celebrate, not the least of which is you. Every time you make a gift to Didi Hirsch, volunteer your time, or spread the word about what we do, you strengthen the safety net. And our communities are the better for it.

Warmly,

Carlos Garcia
Chair, Board of Directors

Kita S. Curry, PhD
President/CEO

“The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough for those who have too little.”

- Franklin Delano Roosevelt
A Didi Hirsch psychiatrist literally saved Davera’s life.

She had arrived at her appointment feeling especially weak and tired. Her psychiatrist knew her depression and anxiety were taking a toll, but this seemed different. She ordered a blood test that led to the discovery that Davera had fibroids and was bleeding internally. Her blood loss was so great that, if left untreated, she could have died. “She saved my life,” Davera said.

When Davera came to Didi Hirsch in 2008, she was struggling to overcome a history of abuse as a child, domestic violence, homelessness and thoughts of suicide. But with treatment, medication and a caseworker’s support, she learned how to deal with day-to-day issues she didn’t think she could handle alone. She found a place to live and received financial support to help pay rent and child care while she looked for ways to get back on her feet.

Today, she is pursuing a college degree in business administration at El Camino College and shares her story with others to spread the word that hope and help are available.

“Whenever I needed a friend, Didi Hirsch was there,” Davera said.

MEDICAL FACT: Serious mental illness can take as much as 24 years off a person’s life—more than the impact of heavy smoking.
IN AMERICA:
More than 6 million men suffer from depression each year.

Carlos struggled for much of his life with periods of intense listlessness—one so bad that he couldn’t get out of bed for six months and had to quit his job as an elementary school teacher. But it wasn’t until he had his first session with a Didi Hirsch therapist at the age of 30 that he learned the cause of his lack of energy: clinical depression.

He began meeting regularly with a therapist and caseworker who helped him secure temporary disability while he took steps toward his recovery. Adopting Didi Hirsch’s holistic approach to wellness, Carlos began incorporating regular exercise, a healthy diet, plenty of rest, meditation and reading into his daily life. With support, treatment and a healthy routine, Carlos found mindfulness, balance and a new job as a sixth-grade teacher.

“When I hit my lowest point, Didi Hirsch was my lifeline.”

“Having depression is like living in hell,” said Carlos, who is thrilled to be back at work. “But the people at Didi Hirsch really care and went above and beyond in supporting me. When I hit my lowest point, Didi Hirsch was my lifeline.”

Learning About Depression

“When I hit my lowest point, Didi Hirsch was my lifeline.”
One of the region’s most notorious gangs had his family by the throat: gang members constantly harassed and threatened his tita, his pretty older sister, and then had shot his uncle, who had been like a father to him. Right in front of his eyes. After that, they came around regularly and took the money his mother earned from the shop.

From the time “Javier” hugged mamita goodbye and set out with his teenage sister on their 30-day trek to the American border, to the moment they left the detention center with his cousins, he was full of fear, although he was careful not to show it. He was 9 years old.

In Los Angeles, school was hard. Javier felt like he messed up a lot, especially when speaking English, and got angry at the other kids and teacher. He had trouble making friends and thought a lot about his uncle. When his mother joined them, Javier wondered why it had taken so, so long.

Thousands of children in the Northern Triangle of El Salvador, Honduras, and Guatemala have stories like Javier’s, fueling recent surges in migration to the United States and calls for international protection. Didí Hirsch received a $50,000 grant from Cedars-Sinai to provide mental health care for traumatized minors who recently immigrated to the U.S. and have nowhere else to turn for help.

“Javier could so easily have fallen through the cracks. The one-on-one attention he gets at Didí Hirsch has made all the difference.” Through play therapy, they reenacted the violence he had witnessed. Slowly, he began to open up and get comfortable seeking help from adults.

To Maira, the unaccompanied minors she treats are a source of wonder. “I am learning so much from listening to them,” she tells a visitor. “I am so impressed by their strong drive to get better so they can give back to family in their home countries and here in the U.S. There’s a lesson in that for all of us.”

IN 2015:

About one in five unaccompanied minors were under the age of 13.
Before arriving at Via Avanta, Loeryna had experienced so many traumatic events in her life that she had given up hope. Her relationships went from bad to worse as the mother of four battled depression, drug addiction, domestic violence and a suicide attempt.

It was her nine-year-old daughter who rescued the family from her mother’s abusive boyfriend. Seizing an opportunity to escape, the daughter walked her mother and siblings to a nearby 7-Eleven to get help. Her quick thinking and courage saved them from a dire situation, but Loeryna was wracked with guilt. “I was in a black hole,” Loeryna said. “I let down my kids and myself and wanted to die.”

And then she learned about Didi Hirsch Via Avanta. One of the only residential centers that allow women in treatment for substance use and mental illness to live with their children, Via Avanta offered Loeryna the haven of safety, respect and dignity that she needed to recover. “At Via they told me we’re going to love you until you love yourself. For the first time, I wanted to get better.”

Clean and sober for a year-and-a-half, Loeryna is now a shift leader at her job and enjoys time with her children, who are thriving under her care. “Via gave me self-respect and self-confidence and taught me that I have value,” Loeryna said.

IN LA COUNTY:
Almost half of all homeless families are headed by a single mother who often struggles with mental illness, substance use disorder and trauma.
The cycle of shame, silence and suicide attempts finally ended when Ann joined a support group developed at Didi Hirsch for people who have attempted suicide.

With the support of peers who “understand what it’s like to feel utterly hopeless,” Ann learned new ways to cope with her stress. After volunteering as a peer co-facilitator for the groups, she underwent training to become a crisis counselor on our Crisis Chat service, which is popular with teenage girls.

“I love this work,” Ann said. “It feels really good to use what I’ve learned to help others.”

Didi Hirsch’s Survivors of Suicide Attempt support groups have been so successful that our manual is now listed on the Suicide Prevention Resource Center’s national Best Practices Registry. Soon, many other communities in the U.S. and abroad will offer this life-saving tool.

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Ending the Silence

“It feels really good to use what I’ve learned to help others.”

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WORLDWIDE:

Didi Hirsch has had 450+ requests for its Manual for Support Groups for Suicide Attempt Survivors
More than 2,100 people walked, ran and volunteered at Didi Hirsch’s 17th Annual *Alive & Running* 5K Walk/Run for Suicide Prevention, which raised awareness and more than $334,000 for programs that help people affected by suicide.

The largest team, #RememberAaron, was at the heart of this year’s event. In a huge outpouring of love and support, more than 85 family members and friends of Sherry and Albert Yanagisawa carried a large banner in memory of their 14-year-old son who had taken his life just a few months earlier.

Didi Hirsch Board Member Andrew Rubin chaired the record-breaking 5K and presented the *Inspiration Award* to Board Member Pam Kluft. The *Corporate Hero* award went to BDO USA, and the *Top Fundraiser* award went to Board Member Charlotte Fletcher, whose team raised $70,123 for the event.

The 5K was dedicated to Dr. Norman L. Farberow. He co-founded Didi Hirsch’s Suicide Prevention Center in 1958 and died on World Suicide Prevention Day (September 10, 2015)—a day that wouldn’t exist without his contributions.
Former California Senate President pro Tempore Darrell Steinberg shared that hopeful message as he was honored at our 19th Annual Erasing the Stigma Leadership Awards on April 27, 2015. The event drew more than 550 guests and raised a record $475,000 for Didi Hirsch Mental Health Services.

Steinberg co-authored the California Mental Health Services Act, which expanded mental health services to millions of Californians.

Board Members Shawn Amos and Lisa Petrazzolo co-chaired the event, which was emceed by comedian Wendy Liebman. The program included a moving presentation about stigma, a musical performance by Mary Lambert, and videos featuring Didi Hirsch clients that Amos produced. Amos, a singer/songwriter who performs under the name The Reverend Shawn Amos, closed the event with an upbeat classic blues set.

Los Angeles Times reporter Steve Lopez presented Steinberg with a Leadership Award. Also honored were singer/songwriter Mary Lambert, television personality Howie Mandel, who received the Beatrice Stern Media Award for using the power of media to help erase stigma, and NBA New Orleans Pelicans forward Ryan Anderson. Jeanne Phillips (“Dear Abby”) introduced Ryan’s father, Jack, who accepted the award on his son’s behalf because the Pelicans were in the playoffs.

“Mental illness does not have to be a life sentence of hopelessness and despair. Recovery happens.” - Darrell Steinberg
Lewis C. Horne joined the board of Didi Hirsch in 2015 to fully support our efforts to provide quality mental health services to communities where stigma or poverty limits access to resources. He is dedicated to ensuring that all people who suffer from mental illness can get the help they need. Lewis is president of the Greater Los Angeles-Orange County Region for CBRE, Inc., the leading global provider of commercial real estate services. He and his wife, Lisa, are the parents of four children, among them a son who died by suicide in 2003. "Through our family’s personal experience of loss and our life journey since then, we have become passionate about suicide prevention and supporting efforts to cure mental illness.”

Rudolph I. Estrada first served on the Didi Hirsch Mental Health Services Board from 2003 to 2008 and rejoined it in 2015 when he realized how many people he knew had been touched, directly and indirectly, by mental illness. “If mental illness were simply referred to as ‘brain pain,’ many more people would admit to the affliction,” Rudy said. “This is exactly why ‘erasing the stigma’ is so very important.” Rudy, who lives with depression, is president and chief executive officer of Estradagy, a business and financial services company that provides comprehensive advisory assistance to business, banking and public services sectors. He also serves as the lead director of East West Bancorp, Inc.

Lewis C. Horne joined the board of Didi Hirsch in 2015 to fully support our efforts to provide quality mental health services to communities where stigma or poverty limits access to resources. He is dedicated to ensuring that all people who suffer from mental illness can get the help they need. Lewis is president of the Greater Los Angeles-Orange County Region for CBRE, Inc., the leading global provider of commercial real estate services. He and his wife, Lisa, are the parents of four children, among them a son who died by suicide in 2003. “Through our family’s personal experience of loss and our life journey since then, we have become passionate about suicide prevention and supporting efforts to cure mental illness.”

Pamela Kluft is a dedicated community volunteer and philanthropist who joined Didi Hirsch’s Board in 2015 to help promote suicide prevention and support the agency’s efforts to erase the stigma of mental illness. After her sister, Beth Joy Hess, died by suicide in 2012, she found comfort in Didi Hirsch’s Survivors After Suicide program. “I was stunned by how many people confided in me they had also lost someone to suicide but never felt comfortable talking about it.” Her sister suffered from depression but hid her pain from her loved ones. “I want to be a voice for my sister and the many other people who have taken their own lives, and be a comfort to those who have survived the loss of a loved one.”
Financial Summary

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<th>FY 14-15</th>
<th>FY 13-14</th>
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<td>Government Contracts</td>
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<td>(Loss) on sale of donated property</td>
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<td><strong>$18,456,948</strong></td>
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<td><strong>Total Liabilities and Net Assets</strong></td>
<td><strong>$20,914,282</strong></td>
<td><strong>$18,456,948</strong></td>
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Didi Hirsch Mental Health Services is a 501(c)(3) not-for-profit organization. For information on contributions or planned gifts, please contact the Development Department at (310) 751-5455 or development@didihirsch.org.
2015 by the numbers

87 cents
of every dollar received
goes directly to services

Mental Health Services

9,198
individuals

Latino
40%
White
29%
African American
25%
Asian/Pacific Islander
2%
Other
4%

Clients under age 18:
more than one third

We treat children in
nearly 100 schools

3 of 4
youth surveyed
improved their coping
skills

93%
of adult clients surveyed would recommend
Didi Hirsch to a friend or family member

Suicide Prevention Center

70,512
calls, chats, texts

3x more
Spanish, Korean
and Vietnamese

calls since 2011

36% callers with
past suicide attempts

42% callers and texters were under the age of 25

Outreach and Education

17,986
people learned about drugs,
alcohol, suicide and depression

TOTAL Served 97,696
Didi Hirsch Legacy Society

The Board of Directors gratefully acknowledges an extraordinary group of philanthropists whose bequests and other estate gifts ensure access to mental health, substance use and suicide prevention services for generations to come.

Legacy Society Founders
Honoring those who have made planned gift commitments of $1,000,000 or more

- Michael Becker
- Cynthia Chaillie Marchant
- Andrew E. Rubin

Legacy Society Members
- Curley L. Bonds, MD
- Anette R. Brown
- Kita S. Curry, PhD and Peter W. Curry
- Linda and Martin J. Frank
- Julianne Grossman
- Todd Hays
- Sharon Kopman and Jason Kay Trust
- Janine and Henry Lichstein
- Francine Chandler Righter
- Richard Ross
- Joel Safranek
- Jillene F. Schenkel
- Terrence V. Scott
- Susan Goran Sobel
- Lisa and Michael C. Wierwille

In Memoriam:
- Robert E. Emerson
- Gerald Geismar
- Edna H. Larkin
- Stanley D. Lelewer
- Max Silver and Louise E. Light
- Judith Anna Phillips
- Guy Righter
- Marjorie J. Schoenberg
- Eileen J. Vogt

The Tony Ross Memorial Fund
Created through the generosity of his father; Richard Ross

2015 DONATIONS

$100,000 and above
- W. M. Keck Foundation
- The Ralph M. Parsons Foundation
- The Ahmanson Foundation

$25,000 - $99,999
- California Community Foundation
- Cedars-Sinai Medical Center
- Fletcher Family Foundation
- Jamil and Nikolaus Hedgegger
- National Suicide Prevention Lifeline
- The Nickell Family
- Ronda Rousey
- Nancy and Miles Rubin
- United Way of Greater Los Angeles

$10,000 - $24,999
- Beacon Capital Partners, LLC
- Breen Family Trust
- Tamara and John Brown
- Kita S. Curry, PhD and Peter Curry
- East West Bank
- Flannery Productions
- Linda and Martin J. Frank
- Conrad N. Hilton Foundation
- Pamela and Earl Klutt
- Gail Kamer Lieberfarb and Warren Lieberfarb
- Matthew Silverman Memorial Foundation
- Merle and Peter Mullin
- Laura Ornest/Ornest Family Foundation
- Jeanne Phillips and Walter Harris/Jay and Rose Phillips Family Foundation of Minnesota
- Lynda and Stewart Resnick
- Sharon and Nelson Rising
- Richard Ross, PhD
- Todd M. Rubin
- Andrew E. Rubin
- Sidney Stern Memorial Trust/Peter H. Hoffenberg
- Beth Whitehead and John Rogers
- Ruth/Allen Ziegler Foundation
$500 - $999 (continued)

Jeremy Levy, PhD
Dede and William Mandel, MD
Cynthia and Vince Marchant
Mary and Steve Meadow
Donald Meldan, MD
Lauren Miller
Lee and Ron Miller
Carol and Jerome Muchin
Music for the Masses Entertainment, Inc.
Debra J. Myers
NAMI Westside L.A.
Edward Nanofzhyan
Harley Neuman
Jonah Nolan
Brendan O’Brien
Regina Orlk
Sandra Peters
Michelle Post
Mitch Rabin
Dan Rabinow
Paul Rudovsky
Saddleback Valley Community Church
Thomas L. Safran
Elyns R. Saik
Janet and Maxwell Saller
Amy Baker Sandback
Susan Sasin
Jilliane F. Scharf
Amy and Mark Schissel
Michelle and Brady Schrupp
Kimberly and Jonathan Schuhof
Phyllis Segal
Sonja and George Segal
Julie and Greg Seltzer
Sandra Singer
Victoria Ann Sofos
Carolyn Spiegel
Shir Stark
Audrey and Barry Sterling/ Iron Horse Vineyards
Deborah and Ellis Stern
Sandy and Jon Stern
Kara and Todd Sugimoto
Thermal Concepts
Patty and Miko Tracy

$250 - $499 (continued)

Jackie Copps
Gary Comlath
Daniela Coevi
Brian Crawford
Cindy Cumbess-Jackson
Susan L. Denner
Kris and Bob Dowski, PhD
Marina Eckart
Drs. W. Hamlin and Virginia Emory
Evergreen Cleaning Systems, Inc.
Elizabeth Familan
Phyllis and Sam Feder
Ms. Joanne Fell
Artene Fochtbach
Maureen and John Fisher
Jane Fishman
Christopher Fletcher
Tom Ford
Shauna Foutz
Charlese Kahle Friedman
Susan Friedman
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Amy and Noah Fune
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Nancy Gettelman
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Beth and Geoffrey Greulich
Irvon Gulin
Michael Hackman
Karen Haig
Philip Han
Angela Hanglow, PhD
and Han Gunn
Lily Haruko Harada
Jodi Hart
Elizabeth and David Hasbrouck
The Help Group - Sherman Oaks
Gabrielle Hess
Stephanie Hicks
Tom Hill
John Hindman
Lorinda and Peter Hohenbrink
Vanessa Holder
Gregory House
Christopher Huber
Sharon Hulse

UCLA Department of Psychiatric/Behavioral Sciences
Unitarian Universalist Community Church of Santa Monica
Patrick Warburton
Leslie and Mark Workman
Karen and Jerry West
Lori and Tim Wilson
Bryan Wolf
Cheri Renfroe Yousem
Harry A. Zinn

Iron Horse Vineyards
Community Church
$50 - $99 (continued) In-Kind (continued)

Thanks to all of our dedicated volunteers who provided 22,188 hours of service.
We couldn't do it without you!
Special Thanks
Judd Apatow
Delila Brown and Jacob Whitesides
Baby Buggy, Inc.
Crystal Li and Andrew J. Cohen
Echo Horizon School
Will Ferrell and Amy Poehler
Morrison & Foerster LLP
Janine and Henry Lichstein
Ronda Rousey
Sara Rutenberg
Shelter Partnership, Inc.

We Are Funded By
California Department of Rehabilitation: Employment Services
California Mental Health Services Authority (CalMHSA)
County of Orange Health Care Agency
Los Angeles County Department of Mental Health
Los Angeles County Department of Public Health: Substance Abuse Prevention and Control
Link2Health Solutions, Inc.
Substance Abuse and Mental Health Services Administration
Federal Emergency Management Agency: Emergency Food and Shelter Program

Didi Hirsch’s Fans Give Back

Movie director Andrew J. Cohen raised $7,800 for Didi Hirsch by raffling off a day on the set of his new movie. Stars Amy Poehler and Will Ferrell flank raffle winner Tom Spath.

UFC fighter and actress Ronda Rousey donated over $56,000 to Didi Hirsch by dedicating a portion of the proceeds from her popular “Don’t be a D.N.B.” apparel line.

Movie producer/director Judd Apatow (2nd from right) raised $20,000 for Didi Hirsch at his comedy variety show, “An Evening with Judd Apatow and Friends.” L-R: Crystal Li Cohen, Didi Hirsch President/CEO Kita S. Curry, Apatow and Andrew J. Cohen.

Kita S. Curry with teenage pop star Jacob Whitesides and eighth-grader Delilah Brown, who organized a high school concert that raised over $16,000 for the Suicide Prevention Center.
On September 14, 2015, Didi Hirsch Mental Health Services lost a beloved friend and co-founder of the Suicide Prevention Center, Dr. Norman L. Farberow. As a psychologist in the 1940s, suicide was “a long-neglected, taboo-encrusted social and personal phenomenon,” Dr. Farberow said. He felt a moral imperative to ease the cultural and social shame attached to its victims and their survivors.

Joined by psychologist Edwin Shneidman and psychiatrist Robert Litman, Dr. Farberow opened the nation’s first Suicide Prevention Center in 1958. Among the first researchers to examine the psychological aspects of suicide, they concentrated on its causes and prevention. Together, they developed an approach of nonjudgmental listening used in their 24-hour suicide prevention hotline and adopted by crisis centers around the world. In later years, the Suicide Prevention Center expanded its services to provide training for law enforcement and support groups for people who have attempted suicide and bereaved families.

In the early 1960s, Dr. Farberow and his colleagues pioneered the psychological autopsy, which they used to conclude that Marilyn Monroe’s death was a probable suicide.

They believed suicide was a public health problem, and healing could come as much from a conversation as from a pill. The author of many books and articles on suicide, Dr. Farberow was interviewed frequently and lectured widely on the subject. He participated in trainings at the Suicide Prevention Center until the end of his life.

“Dr. Farberow was a pioneer in helping to erase the stigma of suicide” said Dr. Kita S. Curry, Didi Hirsch’s President/CEO. “He never stopped wanting to ease people’s pain and understand what brings people to the brink of such despair.”
Mission Statement
Since 1942, Didi Hirsch has transformed lives by providing quality mental health and substance use services in communities where stigma or poverty limits access.

We value care that is:
Accessible
Comprehensive
Collaborative
Innovative
Accountable
Committed