

# Coping with Suicide Thoughts and Attempts



SUICIDE  
PREVENTION  
CENTER

Surviving a suicide attempt is an incredibly challenging and life-altering experience. Feelings of confusion, shame, or isolation can follow, but recovery and hope are possible. You don't have to face this journey alone.

## INDIVIDUAL AND FAMILY THERAPY

Experiencing depression, anxiety, self-harm, suicidal ideation, or recovering from a suicide attempt is a deeply personal journey. Our compassionate, highly trained therapists provide a non-judgmental space where individuals and families can process the emotional and psychological impacts of their experience. Our clinicians help survivors explore coping strategies, build emotional resilience, and rediscover a sense of hope and purpose.

**Therapy is available for anyone living in California.**

## SUPPORT GROUPS

We offer support groups for individuals who have survived a suicide attempt and are looking for a community of peers who understand their struggles. These groups are co-led by a suicide specialized therapist and a peer who has completed the Survivors of Suicide Attempts (SOSA) program.

During the weekly 90-minute sessions, participants can:

- Discuss what led to their attempt and its impact on their lives
- Learn coping skills to better manage suicidal thoughts
- Create personalized safety plans to stay safe during future crises

Our eight-week program is structured to foster healing, connection, and empowerment, giving survivors the tools they need to help them begin moving forward.

**Sessions are available virtually across California.**

**If you are coping with self-harm, suicidal ideation, or survived an attempt, help is available:**

**For Orange County, call:  
(714) 989-8311**

**For Los Angeles County and other areas in California, call:**

**(424) 362-2911  
CrisisCare.org**

**The Didi Hirsch Suicide Prevention Center** has been pioneering suicide support services since its founding in 1958. Since developing the Survivors of Suicide Attempts support group curriculum in 2011, the first of its kind, hundreds of facilitators have been trained on our methods, helping people find comfort in connecting with others who understand this unique experience. Our services are designed to support you through your journey and provide a safe space for healing.

If you or someone you know is in a mental health or suicidal crisis, **call or text 988** (24/7, free & confidential).

For teens seeking peer support, call Teen Line at **(800) 852-8336** or text **TEEN** to **839863**.

**DidiHirsch.org**

