



OUR CASE FOR SUPPORT

DIDI 
HIRSCH

For more than 82 years Didi Hirsch Mental Health Services has delivered compassionate mental health care to **millions of people**.

We are forging a future where high-quality, holistic care is a right, not a privilege, and where everyone can access top-notch mental health care without fear or shame.

We need your financial support to strengthen mental well-being in our communities and instill hope for a better tomorrow.



Mental health impacts us all. It touches every part of our lives.



With nearly **one in four** Americans living with a mental health condition, the generational ripple effect on families, friends and communities is profound.



More than 30% of adults report symptoms of anxiety and depression.



40% of high school students report that they feel persistently sad or hopeless.



Nearly 17% of people, ages 12 or older, struggle with substance use and addiction.



90% of Americans feel we are in a mental health crisis—and they are right.



In 2023, approximately **105,000** people died from a drug overdose and nearly **80,000**, or about **76%**, involved opioids.



In 2023, suicide deaths reached a record high, claiming the lives of more than **49,300** people. It is the second leading cause of death for people ages 10-34.



43% of people who say they need mental health or substance use care are not receiving it.



Although this data paints a stark picture, **there is hope. And you can help make a life-changing impact.** Never has there been greater attention and commitment to addressing the growing mental health needs of our communities.



Our entire community thrives when we support each other's mental health.

Since 1942, Didi Hirsch Mental Health Services has been a beacon of hope and a courageous voice for transformation.

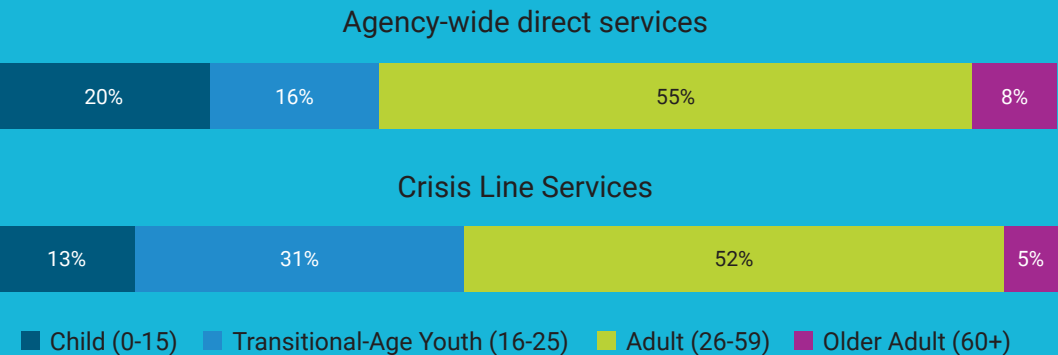
We provide compassionate mental health, substance use and suicide prevention services to individuals and families from youth through adulthood, especially in communities where discrimination and injustice limit access.



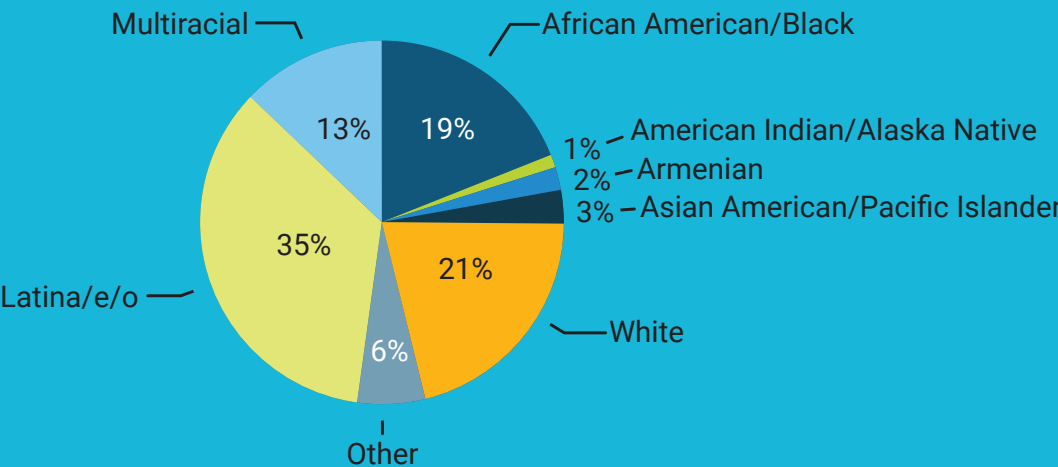
We make a difference in more than 270,000 lives each year.

We deliver support wherever it’s needed—in our clinics, therapy rooms, schools, workplaces, through crisis lines, support groups, community outreach and telehealth care.

We empower every generation — serving people of all ages...



...and all backgrounds.



Crisis Mental Health Care and Suicide Prevention

Didi Hirsch operates the **nation's first, largest and most comprehensive suicide prevention center, pioneering effective and evidence-based approaches used worldwide.** We offer and are rapidly expanding a broad range of services including:



Suicide-specialized therapy, support groups, and crisis mental health hotlines like the 988 Suicide & Crisis Lifeline.



Partnerships with law enforcement and hospitals, ensuring people in crisis receive the right follow-up care after a suicide attempt.



Training to thousands of community members and first responders each year on how to recognize the warning signs and help prevent suicide.



of crises from our 988 crisis line callers are de-escalated without further emergency intervention.



of crisis calls diverted to us from 911 are resolved without police intervention.



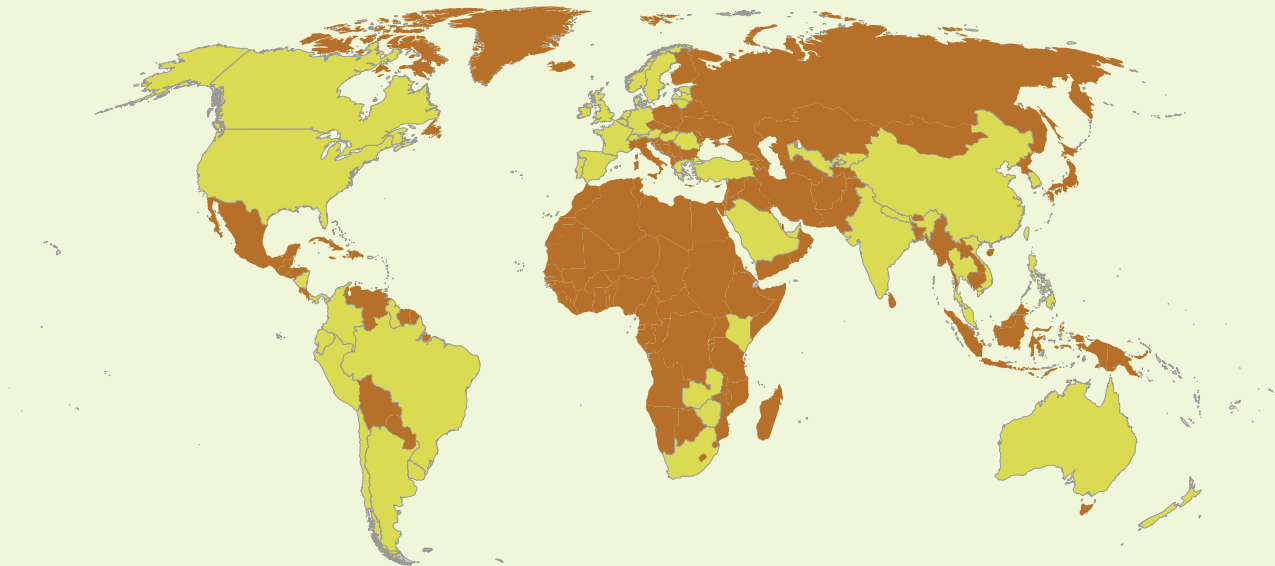
“Didi Hirsch, the support group - It's almost been a lifeline for me. It's so rewarding.”

TOM'S STORY

The day after Tom lost his partner Dave to suicide, he turned to Didi Hirsch for support, and joined a Survivors After Suicide group. As Tom navigated the unique and complex grief of suicide loss, he felt transformed, describing a profound shift in his empathy and kindness. Along his healing journey, **Tom learned to forgive himself, embrace hope and understand that grief isn't linear.** After completing the 8-week course, Tom eagerly accepted an offer to co-facilitate the SAS drop-in group on weekends. He found meaning in helping others and himself while honoring Dave's memory.

Supporting Survivors of Suicide Attempts

Didi Hirsch's pioneering model for support groups for Survivors of Suicide Attempts is used internationally, with its curriculum manual being downloaded **across 59 countries** in 2024.



Reshaping Mental Health Care Solutions for Youth

Didi Hirsch has long been serving children, teens and families. We witness the struggles young people face firsthand, and are **doubling down on our commitment to youth mental health** through:

Expanding partnerships with schools to help students develop coping skills they can use to be more successful at school, at home and into adulthood.

Broadening the reach and increasing the diversity of **Teen Line**, the nation's first peer-to-peer youth mental health support hotline.

Delivering more intensive mental health outreach for vulnerable and marginalized youth, such as those aging out of the foster care system or experiencing homelessness, through our new youth wellness center, Our Third Place.

WILLA'S STORY



For the past three years, since Willa was a sophomore, she has been a listener at Teen Line. Each week, she and other listeners talk with peers who are struggling. We all know that feeling when we want to talk to someone who truly understands — and that's what Teen Line listeners provide for young people nationwide. They train with mental health professionals and learn valuable skills like active listening and safety assessment.

"I always say when I'm talking to people — there's nothing more important than you being okay. We're getting through this together."

89%

of youth contacting Teen Line at high risk for suicide are de-escalated.

81%

of youth served experience a significant reduction in mental health symptoms.



High-Quality Care for All

Anyone can experience a mental health challenge.
But not everyone has access to the help they need.

Didi Hirsch serves people as whole human beings — treating mental, physical and social needs together, especially in communities disadvantaged by social and economic inequities.

We integrate medical, mental, and other vital services like housing, employment, and other basic needs into our holistic approach to health care, focusing beyond the initial symptoms to ensure stability, resilience and empowerment.

Our outpatient mental health and substance use programs **meet our clients where they're most comfortable** — at their schools, in their homes, in the community or remote from wherever they feel safe.

We operate 24/7 inpatient crisis mental health and substance use treatment programs for those who need more intense support on their journey toward recovery. This includes a center where mothers struggling with substance use can remain with their young children during care.

FINA'S STORY

Fina, a former client of Didi Hirsch's Via Avanta inpatient substance use program, said she became a better mother while in the program and was empowered to pursue a college education and career in substance use counseling.

"My disease was telling me I was worthless, but the staff kept helping me stay. They loved me until I could love myself... Today, I work as a counselor at Via Avanta, helping others transform their lives just like I did."

77%

of mental health services clients experienced less hospitalizations for physical health.

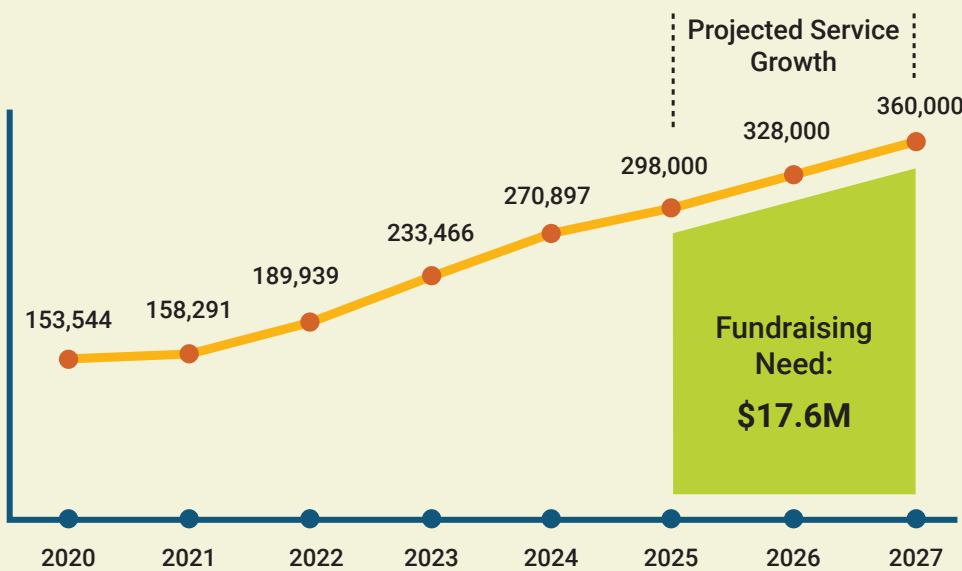
77%

of clients in our crisis treatment residential program found housing upon discharge.

Join us in making a lasting impact.

Your financial support helps us continue to provide life-changing mental health services to those who need it most during a time of critical service growth for Didi Hirsch.

CLIENTS SERVED



We need to raise **\$4.8M** by **June 30, 2026** to fund the gap for our full spectrum of vital crisis care services, youth services and whole-person mental health and substance use programs.

STUDIES ESTIMATE THAT

\$1

spent on community-based mental health and substance use treatment saves \$12 in criminal justice system-related costs.

\$1

spent on integrated physical, mental, and social care, \$6.50 is returned in reduced health care costs and productivity.

By contributing to Didi Hirsch Mental Health Services, you are helping people in need of access to quality care, offering hope and building a brighter and healthier tomorrow – for everyone.

Your generosity can make a world of difference.

For questions or further information, contact:



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