





Didi Hirsch is home to the first and largest suicide prevention center in the nation. For more than 60 years, we have been leaders in suicide prevention, delivering high-quality, compassionate care and designing innovative programs. From our crisis lines to therapy services and community trainings, we are dedicated to creating a space for connection, healing, and hope.

We work to erase the stigma around mental health because open conversations and support from loved ones can make a life-changing difference. Whether you're looking for immediate help or ongoing care, Didi Hirsch is here to walk alongside you on your journey.



988 SUICIDE & CRISIS LIFELINE

As one of the largest crisis centers for the 988 Lifeline, we offer free, confidential and around-the-clock support from trained crisis counselors. Whether you or someone you know is facing mental health struggles, emotional distress or just need someone to talk to, we are here to help.

**Call or text 988,
or chat with us online
at 988lifeline.org.**



TEEN LINE

Teen Line is an English-speaking hotline staffed by highly trained teen listeners to provide support, resources and hope to young people.

Teens can:

Call (800) 852-8336
(6 p.m. - 10 p.m. PST)

Text TEEN to 839863
(6 p.m. - 9 p.m. PST)

Email via TeenLine.org

SUICIDE SPECIALIZED THERAPY AND SUPPORT

Individual and Family Therapy

We offer in-person and telehealth therapy for individuals and families affected by suicide. This includes those coping with a loss, recovering from a suicide attempt, struggling with suicidal thoughts, or experiencing mental health challenges such as depression, anxiety, or trauma. Services are available for children, teens, adults, and caregivers supporting someone in need. *Therapy is available for anyone living in California.*

Survivors After Suicide Loss Support Group

We have separate support groups for teens and adults who have lost someone to suicide. These groups provide a safe space for sharing experiences and fostering healing. Teens can connect with peers who understand their journey, while adults find support in a community of those who share similar losses. *Groups are available virtually nationwide.*



Survivors of Suicide Attempts Support Group

Our support group provides a safe and understanding space for adults who have survived a suicide attempt. Members share their experiences and learn valuable coping skills, helping each other on the journey toward healing and resilience. *Groups are available virtually across California.*

Specialized Support Groups

In addition to our standard Survivors of Suicide Attempt and Survivors After Suicide Loss groups, we offer a variety of specialized groups providing support and connection for specific communities. Visit our website to learn more about our current groups: **CrisisCare.org**.

SUICIDE SPECIALIZED THERAPY AND SUPPORT (CONTINUED)

Suicide Loss Debriefings

Suicide loss can have a ripple effect on communities. Didi Hirsch offers grief processing and support for families, friends and colleagues affected by a suicide loss. These can take place at private homes, schools, businesses, faith-based groups and more.



For Los Angeles County
and other areas in
California, call:
(424) 362-2911

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

CrisisCare.org



TRAINING AND EDUCATION

Suicide Prevention Presentations

Tailored training for clinical, medical, adult, first responders, and adolescent groups. Learn how to recognize signs, provide support, and connect individuals to vital resources.

safeTALK

A three-hour training course to help people who are 15 years and older recognize and connect people with thoughts of suicide to vital resources.

Applied Suicide Intervention Skills Training (ASIST)

A two-day interactive workshop in suicide first aid for health care providers and those seeking advanced skills in suicide prevention.

TRAINING AND EDUCATION (CONTINUED)

Suicide Risk Assessment and Intervention Training

A six-hour advanced training to help clinicians assess and manage suicide risk. This course provides six CEUs and meets the requirements of the California Board of Behavioral Sciences (BBS) and Board of Psychology.



Survivors of Suicide Attempts Facilitator Training

Mental health agencies and professionals can learn how to facilitate our best-practice treatment model for adults who have survived a suicide attempt.

For more information or to
request a training, contact us
or visit us online:

SPC@didiirsch.org
DidiHirsch.org/Training
(424) 362-2900

TRAINING AND EDUCATION (CONTINUED)

Didi Hirsch Academy

Access online suicide prevention training designed by crisis care experts. Our crisis counselors and training specialists provide evidence-based courses for health care professionals, teachers, families, and more. Group packages and CE credits are available for select trainings.

For inquiries, email or visit:
academy@didihirsch.org
Academy.DidiHirsch.org

Volunteer Crisis Counselor Training

Volunteers, with or without a clinical background, receive intensive training to prepare them to answer calls from the 988 Suicide & Crisis Lifeline.

To apply, visit:
DidiHirsch.org/Volunteer



DidiHirsch.org/SPC

