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A Program of Didi Hirsch Mental Health Services Suicide Prevention Center  Fall 2019

21st Annual Alive & Running 5K Sets New Records!

Didi Hirsch’s 21st Annual Alive & Running for Suicide Prevention surpassed its goal, raising over $500,000 for Didi Hirsch Mental Health Services’ Suicide Prevention Center. This record-breaking event, which wrapped up Suicide Awareness and Prevention Month, took place on Sunday, September 29th and drew over 2,500 participants.

Global artist Alex Boyé performs on the main stage with back up from April Kubachka’s Team Sunflower Seeds.

Suicide prevention advocate and guest speaker, Talinda Bennington, was accompanied by one of her twin daughters who sounded the horn to start the race.

Team Sparky, led by Captain Monique Franklin, raised awareness and funds for suicide prevention in memory of Monique’s brother, Mark.

Didi Hirsch staffers Angelica Churchian, Christine Montagna and Vanessa Santos led Team Via Avanta with slogan “Together we can make a difference.”

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Do You Know a Teenager Who Has Experienced the Death of Someone By Suicide?

Help us connect teens to an 8-week grief support group where they can talk with other teens about their shared experience. Meetings are in small groups, once a week, for 90-minute sessions where they’ll learn healthy stress-management tools and new and creative coping skills to help them deal with their loss. Here they’ll find emotional and therapeutic support from clinicians and other teens so they don’t feel isolated and alone. Teen support groups are part of the new Everychild Suicide Prevention Project.

For more information call 424-362-2911 or spccounseling@didihirsch.org.

Resources for Survivors and Suicide Prevention

HELP LINES
National Suicide Prevention Lifeline/Didi Hirsch Suicide Crisis Line
24/7 English and Spanish
(800) 273-TALK or (800) 273-8255
Disaster Distress Helpline
24/7 English and Spanish
(800) 985-5990
24/7 Lifeline/Didi Hirsch Crisis Chat
www.crisischat.org or www.didihirsch.org/chat

TEEN LINE
Staffed by teens 6-10 pm; other hours by Didi Hirsch.
(800) TLC-TEEN, (800) 952-8336 or (310) 855-HOPE

Korean Crisis Line
(877) 727-4747
4:30 p.m.-12:30 a.m. daily

Trevor Helpline (LGBTQ)
(800) 850-8078

SUICIDE PREVENTION RESOURCES
Didi Hirsch Suicide Prevention Center
10277 W. Olympic Blvd.
Los Angeles, CA 90067
(424) 362-2900

Survivors After Suicide
Suicide bereavement support groups
LA/ Ventura (424) 362-2912
Orange County (714) 547-0885

American Association of Suicidology
(202) 237-2280
www.suicidology.org

American Foundation for Suicide Prevention
(888) 333-2280 www.afsp.org

Suicide Prevention Resource Center
(877) GET-SPRC or (877) 438-7772
www.sprc.org or www.sprc.org/thespark

MENTAL HEALTH RESOURCES
Didi Hirsch Mental Health Services
Central intake
L.A. County (888) 807-7250
Orange County (714) 547-0885
www.didihirsch.org

National Alliance for the Mentally Ill
Support for families
(800) 950-6264
www.nami.org

Substance Abuse and Mental Health Services Administration (SAMHSA)
www.samhsa.gov

NEWSLETTER
Editor: Randy Levin-Cohen
Editorial Board: Kim Kowsky, Rick Mogil, Patricia Speelman
Design: Curtis Hill

Reprint Policy
Nonprofit support organizations may reprint material from our newsletter.
2,500+ Attendees Raise Over $500,000 for Suicide Prevention Center!

(Continued from cover)

Suicide Bereavement Services’ Program Director Rick Mogil and Senior V.P. of Clinical Operations Lyn Morris welcome participants.

Event Chair Pam Kluft with Eric Bigger, a finalist in the 13th season of “The Bachelorette” who led the race warm up.

Board member Will Lippincott adds a leaf to the Memory Tree created to remember loved ones lost to suicide.

Team Joel’s Joggers, led by Captain Carrie Biely, brought along furry friends to show their support.

Alive & Running participants bereaved by suicide can submit photos of loved ones for our Memorial Banners, which are displayed at the Health & Wellness Expo.

Juanita Benitez, captain of Team H.O.P.E (Hold-On-Pain-Ends), received the Hope Award for her efforts to raise awareness about suicide in the Latino community.

Firefighters ran to support L.A. County Fire Battalion Chief Al Yanagisawa’s Team #RememberAaron in memory of his 14-year old son who died by suicide.
Survivors After Suicide
Winter Potluck
Saturday, December 7, 2019
6:00-8:30 p.m.
Veterans Memorial Park, Rotunda Room
4117 Overland Avenue, Culver City
RSVP to tcampos@didihirsch.org

SAS Group Meetings
Everyone who has completed an eight-week Survivors After Suicide support group is invited to attend scheduled monthly meetings at any of the locations listed below. There is no charge.

Drop-In Groups

San Gabriel Valley
Meets the 3rd Saturday of each month, 10:00—11:30 a.m.
Meeting Dates: Nov. 16, Dec. 21, Jan. 18, Feb. 15, Mar. 21

Santa Ana—English and Spanish
Meets the 1st Wednesday of each month, 6:00—7:30 p.m.
Meeting dates: Dec. 4, Jan. 8, Feb. 5, Mar. 4

San Fernando Valley
Meets the 2nd Saturday of each month, 11:30 a.m.—1:00 p.m.
Meeting dates: Dec. 14, Jan. 11, Feb. 8, Mar. 14

South Bay
Meets the 2nd Sunday of each month, 11:00 a.m.—12:30 p.m.
Meeting dates: Dec. 8, Jan. 12, Feb. 9, Mar. 8

West Los Angeles
Meets every Saturday morning from 10 a.m.—11:30 a.m.

Eight-Week Bereavement Support Groups
Groups meet once a week for an hour and a half for eight consecutive weeks starting in February, June and October with locations in Sherman Oaks, Culver City, Redondo Beach, San Marino, Santa Ana and Newbury Park.

Please call for more information about groups.
Los Angeles/Ventura counties: (424) 362-2912 or Orange County: (714) 547-0885