

The Hero in Each of Us: Finding Your Role in Suicide Prevention

Suicide Prevention Report to the Community
September 2025



Everyone in Los Angeles County can help reduce suicide. Steps you can take include knowing the warning signs for suicide, finding the words to reach out to someone you are concerned about, and reaching out to local resources for help and support.



You are not alone.

Call or text 988 or chat 988lifeline.org to reach the Suicide & Crisis Lifeline.

To get involved in suicide prevention efforts visit
www.LASuicidePreventionNetwork.org

Approach to Reducing the Impact of Suicides in Los Angeles County



Implementing a peer and community-based approach to reduce suicide ideation, attempts and deaths will support a long term vision of zero suicides in Los Angeles County through the following activities:

- **Outreach** to educate, learn from, and prepare the community to better recognize and respond to early signs of suicide and mental health-related distress among higher risk populations and how to connect individuals to help.
- **Access and Linkage to Care** activities that create pathways for timely support during the early onset of thoughts of suicide, emergence of risk, and after a crisis.
- **Treatment and Intervention Services** that are effective in reducing the duration and/or severity of suicide ideation, the likelihood of a suicide attempt, or the potential for recurrence and further harm.

Find Your Role in Suicide Prevention

Suicide prevention can only be effective when everyone is part of the solution. From county leadership, business owners, educators, faith leaders, healthcare providers, mental health professionals, first responders, to all members of our community, everyone has a role to play.

Everyone in Los Angeles County can take action to help those community members experiencing emotional pain and play a role in suicide prevention.

Know the Signs.
Find the Words.
Reach Out.

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After a Suicide Loss

Those who have lost someone to suicide often do not receive the same compassion and support typically extended after other types of loss. This may be, in part, due to the fact people are sometimes uncomfortable talking about suicide. Consider reaching out to someone who has lost a friend or loved one to suicide. Ask them about how the person they lost lived rather than focusing on the way they died. The more we talk about suicide and suicide prevention, the more we can reduce the stigma around the subject and infuse our communities with hope and healing.

Here are some resources that are helpful to those experiencing a loss:

Survivors After Suicide Support Group (Adults)

Website: <https://crisiscare.org/support-groups/>

Teen Survivors After Suicide Support Group

Website: <https://crisiscare.org/support-groups/>

Survivors After Suicide Support Group

Website: <https://crisiscare.org/support-groups/>

Healing Conversations: Personal Support for Survivors of Suicide Loss

Website: <https://afsp.org/healing-conversations>

American Foundation for Suicide Prevention (AFSP)

AFSP Greater Los Angeles and Central Coast

Website: <https://afsp.org/chapter/greater-los-angeles-and-central-coast>

AFSP Southern California Tri-counties Chapter (Orange County, Inland Empire)

Website: <https://afsp.org/chapter/southern-california-tri-counties>

Los Angeles County Department of Mental Health – Adult and Child Bereavement Groups
Email: suicideprevention@dmh.lacounty.gov

Suicide Warning Signs

Pain isn't always obvious. Reach out to someone you are concerned about if you observe one or more of these warning signs, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change:

- Talking about wanting to die or suicide
- Looking for a way to kill themselves
- Feeling hopeless, desperate, or trapped
- Giving away possessions
- Putting affairs in order
- Reckless behavior
- Uncontrolled anger
- Increased drug or alcohol use
- Withdrawal/social isolation
- Anxiety or agitation
- Changes in sleep
- Sudden mood changes
- No sense of purpose

If you are concerned about someone, ask: **“Are you thinking about suicide?”**

You are not alone in helping someone in crisis. Crisis lines, counselors, intervention programs and more are available to you as well as to the person experiencing the emotional crisis. Crisis counselors can quickly assess the level of risk in a situation and connect you to appropriate services. You can find reassurance in the knowledge that most suicidal crises last for a brief period of time. Stay with the person and remove items that could be used in an attempt.

Suicide & Crisis Lifeline

Call or text 988 or chat 988lifeline.org

Veterans: Press 1 En Espanol: Presione 2
For TTY Users: Use your preferred relay service or dial 711 then 988.

LACDMH Help Line (24/7)

Entry point for mental health services in Los Angeles County.
Call 1.800.854.7771

Teen Line (A program by Didi Hirsch)

Call 310.855.4673 (6 p.m. to 10 p.m.PST daily) or text TEEN to 839863 (6 p.m. to 9 p.m.PST daily)

The Trevor Project for LGBTQ Youth (24/7)

Call 1.866.488.7386
or text START to 678678

The Power of Words

Words to Consider...

RECOMMENDED terminology

- ✓ Died by suicide
- ✓ Took their own life
- ✓ Ended their life
- ✓ Attempted to end their life

NOT RECOMMENDED terminology

Committed suicide

Note: Use of the word “commit” implies a negative act such as a crime or sin.

Completed suicide

Note: This associates suicide with success.

Successful attempt or unsuccessful/failed attempt

Note: There is no success, or lack of success, when dealing with suicide.

When it comes to suicide prevention, the terms, phrases and words we use can have a significant impact on the way messages are received. Messages can encourage someone to seek help and reach out, or they can push people further from the support they need.

The suicide prevention community is trying to clarify the ways we all refer to actions related to suicide to better support help-seeking behavior among those that are at risk. For example, using the word “commit” when talking about suicide can carry an enormous amount of stigma and shame, discouraging people from reaching out for the support they need. Instead, it is recommended to use plain and direct language, such as “died by suicide”. Other words to consider are “successful”, “unsuccessful”, or “completed”; these incidents should simply be referred to as a suicide death or a suicide attempt. There is no success or failure when it comes to suicide. Please assist us in changing the conversations about suicide, and help us raise the bar for the conversations about suicide prevention. Each of us can play a part in promoting a more supportive environment, and it begins with the words we use.

Tips for Effective Messaging on Suicide Prevention

- ✓ Provide a suicide prevention resource.
- ✓ Educate the audience on warning signs.
- ✓ Avoid discussing details about the method of suicide.
- ✓ Explain the complexity of suicide and avoid oversimplifying. It's natural to want to answer the “why” involved in a suicide, but there is usually not one event that is “the cause” of a suicide attempt or death.
- ✓ Focus on prevention and hope by using images and words that show people being supported, not suffering alone.
- ✓ Avoid sensational language and statistics that make suicide seem common overall. Consider data that highlights help-seeking such as the number of calls to the local crisis line.

Helpful Resources for Effective Messaging:

Reporting suicide for the news media www.ReportingOnSuicide.org

Framework for Successful Messaging, National Action Alliance for Suicide Prevention

www.SuicidePreventionMessaging.org

Status of Suicide and Suicide Prevention in Los Angeles County Suicide Prevention Week 2025 Report Card

This report card brings together the most recent data from multiple sources to present a profile of suicide and suicide prevention in Los Angeles County. Please note that this is only a snapshot of suicide prevention trainings, outreach and awareness activities that have and are taking place.

Indicator	2019	2020	2021	2022	2023
Total Suicide Deaths¹					
Number	870	852	835	892	875
Rate per 100,000 population	7.9	7.9	7.9	8.5	8.3
<p>In 2023, the latest year for which suicide mortality data is available, 875 people died by suicide in Los Angeles County. The demographic groups with the highest rates of suicide deaths were Whites (12.3/100,000), males (13.0/100,000), people aged 30-44 years (12.0/100,000), and people aged 55-64 years (11.7/100,000).</p> <p><i>The number indicates the number of people that died by suicide. In parentheses is the rate per 100,000 people.</i></p> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>When reporting on suicide, please include a suicide prevention resource.</p> </div> </div>					
Treated and Released Emergency Department Visits for Suicide Attempts²					
Number	2,662	2,153	2,362	2,426	2,365
Rate per 100,000 population	26.1	21.5	23.8	24.8	24.3
<p>In 2023, the latest year for which self-harm data is available, there were 2,365 (24.3/100,000) treated and released Emergency Department visits for suicide attempts. The demographic groups with the highest rates were Blacks (40.7/100,000), females (26.6/100,000), and people aged 15 - 19 years (80.6/100,000).</p> <p><i>The number indicates the number of people treated and released or hospitalized for a suicide attempt. In parenthesis is the rate/100,000 people.</i></p>					
Admitted to Hospital for Suicide Attempt²					
Number	1,899	1,624	1,788	1,618	1,526
Rate per 100,000 population	18.6	16.2	18.1	16.5	15.7
<p>In 2023, the latest year for which self-harm hospitalization data are available, 1,526 (15.7/100,000) people were hospitalized for a suicide attempt. The demographic groups with the highest rates were Blacks (20.5/100,000), females (17.1/100,000), and people aged 15 - 19 years (36.4/100,000).</p>					

All rates except for specific age groups are age-adjusted to the 2000 US population. Numbers may not match with previously reported estimates due to changes in identifying Los Angeles County Residents and updated population estimates.

¹ Los Angeles County Annual 2017-2023 Data Files, assembled from California Department of Public Health Vital Records Data, Office of Health Assessment & Epidemiology, Los Angeles County Department of Public Health. Population estimates from County of Los Angeles, Internal Services Department, Information Technology Service, Urban Research-GIS Section. Prepared by Los Angeles County Department of Public Health, Office of Violence Prevention, 8/13/2025

² California Department of Public Health, Injury and Violence Prevention Branch. (2025, May 1). EpiCenter: California Injury Data Online. Retrieved 08/11/25 from <https://skylab4.cdph.ca.gov/epicenter/>. Data prepared by Los Angeles County Department of Public Health, Office of Violence Prevention, 8/12/2025

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Suicide prevention requires collaborative solutions at multiple levels. Los Angeles County's approach includes outreach to engage and educate individuals and communities and ensuring that individuals and populations at higher risk are linked to effective treatment services.



This data is only a snapshot of suicide prevention trainings, outreach and awareness activities that have and are taking place in Los Angeles County.

Calls, chats and texts to crisis lines: Didi Hirsch and Teen Line 2024 Outcomes Report. Calls to LACDMH Access Line based on average monthly calls; retrieved 9/5/2025 from <https://dmh.lacounty.gov/acr/about/>. Total number of suicide prevention trainings and workshops offered by LACDMH PSP team and Health Promoters FY 2024-25, Didi Hirsch 2024, Teen Line 2024; number of youth trained in suicide prevention and mental health through Youth Creating Change, FY 2024-25; professional development and coaching through LACOE TEAL and SPORT projects, FY 2024-25. Total number of people reached by awareness events and outreach, LACDMH PSP and Take Action Campaign, FY 2024-25, Didi Hirsch 2024, Teen Line 2024, Youth Creating Change FY 2024-25. Media impressions based on LACDMH Take Action campaign impressions and LACDPH OVP Youth Suicide Prevention media campaign impressions, both May 2025.

Didi Hirsch Suicide Prevention Center (www.didihirsch.org)

Didi Hirsch Mental Health Services provides mental health, substance use, suicide prevention, disaster and crisis care services at 9 centers and nearly 100 schools and community settings. Suicide prevention services including staffing of the 24/7 bilingual crisis line, crisis chat and text, bereavement survivor support groups, community education & outreach, attempt survivor support groups, school trainings, first responder trainings, research, and crisis services as part of the Suicide Response Team.

2024 Outcomes Los Angeles County

- 73,357 calls, chats, texts.
- 31% of callers were under age 25.
- 4,221 people trained through suicide prevention workshops.
- 20,284 reached through outreach events.

Teen Line (www.teenline.org) A Program of Didi Hirsch

Teen Line is an anonymous hotline for and by teenagers. Teen Line volunteers who answer the calls, emails and texts are Los Angeles teenagers who have received specialized training. In addition to operating the crisis line, Teen Line supports teens through outreach, education and professional trainings.

2024 Outcomes

- 6,693 calls, emails and texts answered.
- 2,659 parents, school staff, and youth organization staff trained in suicide prevention.
- 6,727 youth participated in outreach programs.

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Someone to contact

24/7 Help Line for crisis support, appointments and referrals, substance-use disorder services, or veteran and military support at [800-854-7771](tel:800-854-7771)

988 Suicide and Crisis Lifeline for free, confidential support and counseling, available by phone, text, or online chat



Someone to respond

Field Intervention Teams for in-person support during a mental health crisis, available through the 24/7 Help Line at [800-854-7771](tel:800-854-7771)



Somewhere to go

Psychiatric Urgent Care Centers for short-term stabilization and on-the-spot assessment, therapy, and medication

Crisis Residential Treatment Programs for rehabilitative and psychiatric support services in a home-like environment



Somewhere to treat

Follow-Up Teams for ongoing treatment, urgent appointment scheduling, and support after a crisis

Graphic from Alternative Crisis Response website: [www.https://dmh.lacounty.gov/acr/](https://dmh.lacounty.gov/acr/)

Los Angeles County Department of Mental Health (LACDMH)

The Los Angeles County Department of Mental Health (LACDMH) offers a range of activities designed to engage high-risk populations with the goals of decreasing suicide deaths and increasing postvention support/education. For example, the **Partners in Suicide Prevention (PSP)** program is designed to increase public awareness of suicide and reduce stigma associated with seeking mental health services. The team offers education, outreach, crisis stabilization, linkage to age-appropriate services, and provides clinical expertise in clinics by providing county-wide provider workshops, consultation and support. The **Alternative Crisis Response (ACR)** program offers safe, specialized support for people experiencing a mental health crisis, as an alternative to police or paramedics. The goal is to treat people quickly, effectively, and with the utmost empathy and with the least restrictive level of care possible.

Fiscal Year 2024-25 Outcomes

- LACDMH PSP provided 99 suicide prevention educational workshops to over 3,400 individuals, and held 45 community engagement events that reached over 2,500 people.
- The LACDMH Promotores de Salud Mental and United Mental Health Promoters Program under the Anti-Racism, Diversity and Inclusion Division presented 476 suicide prevention workshops (in English, Spanish, Korean, Cantonese, Farsi, and Amharic) to a total of 4,292 participants.

- As part of the Alternative Crisis Response program, there were 5,300 average monthly calls to the LACDMH Access 24/7 Helpline and 1,800 average monthly FIT (Field Intervention Team) deployments to provide in-person support to someone experiencing a mental health crisis; 96% of FIT deployments were resolved without law enforcement.

- As part of the LACDMH Take Action for Mental Health campaign during Mental Health Matters Month in May 2025, LACDMH hosted 476 events in 300 locations throughout Los Angeles County attended by over 171,000 people. The campaign generated 64,500,000 media impressions through advertisements, digital displays, print & social media, and broadcast programming.



Los Angeles County Office of Education (<https://www.lacoe.edu>)

The Los Angeles County Office of Education (LACOE) recognizes that suicide prevention is an essential component of student wellbeing and mental health. Early intervention can save lives, and schools are well suited to identify, support and provide resources to young people who are struggling. LACOE coordinates a multi-tiered system of support that includes screening and early identification, linkages to appropriate resources, and training and technical support for schools throughout Los Angeles County. LACOE also supports resilience and wellbeing through implementation of Social Emotional Learning (SEL) programs and collaboration with county and community-based organizations to expand capacity and reduce silos.

Suicide Prevention Ongoing Resilience Training (SPORT) Project:

The LACOE-Center for Distance and Online Learning (CDOL) SPORT project implementation is focused on training, supporting, and providing resources to implement a sustainable system to deliver suicide prevention, intervention, and postvention and social emotional learning (SEL) content to school leaders, teachers, and mental health professionals while complying with AB2246 and AB1767 mandates. Learn more: <https://cdolsport.org/>

2024-2025 SPORT Outcomes:

- SPORT In-Person conference guides district and site-level teams to develop the knowledge and skills to provide high-quality professional development. 111 attendees from 4 County Offices of Education and 18 school districts across LA attended.
- 6 Deep Dive and Coaching sessions with 36 attendees were provided with an SEL, equity, and multi-tiered support systems (MTSS) lens for school communities covering suicide prevention, intervention, and postvention.
- Asynchronous Student Mental Wellbeing (SMWB) online learning modules familiarized teachers, administrators, and school mental health professionals with steps involved with identifying warning signs and risk factors of self-injurious and suicidal youth, processes for referral and working with school mental health professionals, and implementing suicide prevention strategies in the school environment.

Technology Enhanced Arts Learning (TEAL) Project

The goal of the Los Angeles County Office of Education-Center for Distance and Online Learning's (LACOE-CDOL) TEAL project is to increase students' access to the arts, particularly in underserved communities, by expanding K-6 teachers' capacity to provide culturally relevant integrated arts instruction centered on social emotional learning (SEL). Learn more: <https://teasel.org/>

2024-2025 TEAL Outcomes:

- TEAL Institutionalized Higher Education courses provide Preservice and Inservice candidates with access to online courses and certification through partnerships with Cal State LA, USC, and LMU. Cal State LA's enrollment alone included 178 candidates.
- TEAL Asynchronous Course includes a variety of toolkits and resources for arts integration; the most recent course enrolled 538 educators within LACOE LEAs.
- The TEAL website (virtual hub) provides a plethora of virtual assets for users to easily access. These virtual assets provide educators with the support they need to build capacity within their teams and community.



Suicide Prevention Postvention Operational Guide:

The Suicide Prevention, Intervention and Postvention Operational Guide outlines administrative procedures for suicide prevention, provides guidance on best practices for intervening with students presenting with suicidal and/or self-injurious thoughts or behaviors and to serve as a resource to school and district teams in the aftermath of a student's death by suicide.

View the Guide:

https://www.lacoe.edu/content/dam/lacoeedu/documents/wellbeingsupportservices/mental-health/SuicidePrevention_LEA_052825_pw.pdf

Status of Suicide and Suicide Prevention in Los Angeles County

A Focus on High Risk Populations

Targeting strategies for populations disproportionately impacted by suicide helps to ensure that people with the greatest behavioral health needs and who are at the greatest risk for negative outcomes receive the care they need. Data and surveillance are used to identify higher risk populations, which include, but are not limited to:

- Children birth to age 5 and their caregivers
- Youth and Young Adults
- Youth (Systems-Involved)
- Older adults
- Veterans
- Survivors of suicide attempts
- Survivors of suicide loss
- LGBTQ+ individuals
- Individuals with substance use or co-occurring conditions

Suicide Prevention Peer-Based Protocol for Veterans

In 2024 suicide was the 12th leading cause of death for Veterans in California, and the second leading cause of death for Veterans under age 45. Los Angeles County is home to the highest concentration of military veterans in the country. LACDMH Veterans & Military Family Services (VMFS) and their partners play a critical role in connecting veterans and their families with services and support. Recently VMFS adopted the Suicide Prevention Peer-Based Protocol that was developed by the U.S. Department of Veteran Affairs as part of the 2018-2025 National Strategy for Preventing Veteran Suicide. The protocol provides systematic guidelines to follow for all peers that staff the program, from clinicians and medical case workers to community health workers. It includes regular screening for suicidal ideation, safety planning, weekly follow-up, and linkage and support for mental health treatment.

Find out more about VMFS at <https://dmh.lacounty.gov/veterans/>.

Status of Suicide and Suicide Prevention in Los Angeles County

A Focus on High Risk Populations

The Los Angeles County Department of Public Health (LACDPH) Youth Suicide Prevention Response Network

The Los Angeles County Department of Public Health (LACDPH), through its Office of Violence Prevention (OVP), led the Youth Suicide Prevention Pilot Program, funded by the California Department of Public Health's Office of Suicide Prevention. The program aimed to improve timely identification of youth suicide deaths and attempts, expand local crisis response services, and support caregivers in helping youth seek assistance. OVP collaborated on this work with multiple county partners, including the Departments of Arts and Culture, Children and Family Services, Parks and Recreation, Health Services, Mental Health, and other Public Health programs. OVP supported youth in their homes, schools, and communities by raising awareness of mental health resources, expanding training opportunities, and providing post-crisis support and referrals. Key initiatives included placing medical case workers in emergency departments to follow up after suicide attempts, launching a youth focused awareness campaign, funding support groups for youth grieving a suicide loss, collaborating with Student Wellbeing Centers to expand access to sexual and mental health resources in local schools, distributing Never-a-Bother materials countywide, and partnering with the Syndromic Surveillance Program to rapidly identify suicide attempts and guide outreach efforts.

Mapping Resources:

Multi-sector partners and stakeholders collaborated to create a Crisis System Flow Map that examined the various points of entry, triage, referral, and follow-up provided to youth and their families. This process identified strengths and gaps for improving rapid response and continuity of care for youth and families.



Media Campaign:

A media campaign shaped by input from local youth adapted the statewide Never a Bother campaign to resonate with LA County residents. Through the campaign there were over 14.5 million views of posts and local messaging through various community, broadcast, print, digital, and online venues and locations. A campaign toolkit designed to support youth suicide prevention efforts across communities can be found here: www.publichealth.lacounty.gov/ovp/GetEducated.htm



Data Dashboard:

The dashboard is designed to provide data that supports youth suicide prevention efforts across LA County. The dashboard compiles data from multiple sources on youth suicide deaths and attempts. Visit the dashboard here: www.publichealth.lacounty.gov/ovp/OpenDataPortal.htm



In Los Angeles County:

- Suicide is the third leading cause of death among youth ages 10 to 24 years.
- Between 2017 to 2021, there were 594 youth suicide deaths, comprising 13% of suicide deaths in LA County.
- Rates by race/ethnicity were highest among Asian and Black youth.
- Between 2016 and 2020, non-fatal suicide attempts among youth were even more frequent than fatal suicides; for each death, 16 youth were treated for suicide attempts in hospitals and emergency departments (EDs).
- Youth are treated for suicide attempts in EDs at a rate 10 times higher than people age 55 and over, and are hospitalized for suicide attempts at a rate twice as high.
- Rates of suicide attempts treated in hospitals and EDs were highest among females, Blacks, Whites, and 15- to 19- year olds.
- Approximately 14% of 7th graders, 15% of 9th graders, and 13% of 11th graders in LA County schools reported seriously considering suicide in the past year.

Youth Suicide Deaths in Los Angeles County (2017-2021). Office of Violence Prevention, Los Angeles County Department of Public Health, May 2025. Sarkodee-Adoo N. and Sternfeld I. et. al. Youth Suicide and Suicide Attempts in Los Angeles County (2016-2020). Office of Violence Prevention, Los Angeles County Department of Public Health, 2022. CalSCHLS Public Dashboard. (2021-2023). Retrieved 8/20/2025 from <https://calschls.org/my-surveys/>

Status of Suicide and Suicide Prevention in Los Angeles County

A Focus on High Risk Populations

Youth Creating Change (www.YouthCreatingChange.org)

Youth Creating Change offers suicide prevention curriculums for youth ages 12-25 delivered through art & film contests: the Directing Change Film Contest and the Hope & Justice initiative. As part of the curriculum, young people learn about the warning signs of suicide and how to help a friend and then apply what they learned to art and film projects. Projects are shared with the broader community to raise awareness. Additional services include outreach, parent engagement, and training for educators, parents and caregivers. Annually, youth from across Los Angeles County attend the organization's film screening event at the United Artist Theatre.

FY 2024–2025 Outcomes

- 1,127 people in Los Angeles County reached through awareness events.
- 649 youth from 53 schools and organizations in Los Angeles County trained in suicide prevention and mental health by creating 253 art and film projects.



You're Not Alone

Artist: Arianna Preciado
School: Twin Lakes Elementary School | Grade: 8

"My art is about never being afraid to ask for help and you're not alone."



Thriving Through Adversity

Artist: Jolean Feng
School: Claremont High School | Grade: 10

"Something that helps me while I'm going through a tough time or feeling overwhelmed is gardening. Gardening makes me more patient and mindful, providing me a space to reflect and process emotions. The act of planting seeds and watching them grow, despite challenges, symbolizes resilience and hope and reminds me that, similar to my plants, I can grow and thrive even during times of adversity."



Support is Everything

Artist: Kody Herrejon-Rutte
School: Claremont High School | Grade: 11

"To me, support is the most important part of improving your mental health. Whether it's emotional, physical, financial, or any other form of support, it's all someone needs. Support can come from anyone – you, your parents, family, friends, teachers, counselors, managers, or anyone. I've received a massive amount of support from my parents, family, and friends, and it has truly changed my mental health for the better. I want to share my support with others so that they know they aren't alone and can be and do whatever they want."



“

The annual Suicide Prevention Summit brings together educators, service providers, individuals with lived experience, and the broader community to learn and connect, working together to help individuals find their reasons for living in LA county.

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Learn more at:
www.LASuicidePreventionNetwork.org

Get Involved with the Los Angeles County Suicide Prevention Network (LASPN) LASuicidePreventionNetwork.org

The Los Angeles County Suicide Prevention Network (LASPN) is a group of mental health professionals, advocates, survivors, providers, researchers and representatives from various agencies and organizations working together to decrease the number of suicides in Los Angeles County. Its mission is to promote public and professional awareness, education, training and engagement regarding suicide and suicide prevention, intervention and postvention in Los Angeles County. Through the collaboration of its diverse members, the LASPN is working to leverage the talent and resources available locally to work toward comprehensive suicide prevention.

Key activities

- Create a county-wide strategic plan on suicide prevention.
- Plan annual Suicide Prevention Summit.
- Implement and coordinate suicide prevention planning and activities across different sectors, populations and systems.
- Create and manage website to centralize Los Angeles County suicide prevention activities.

Raise Awareness About Suicide Prevention at Work, at School, or in Your Community

-  Learn the warning signs and risk factors for suicide
-  Share materials containing information about warning signs and resources
-  Host an educational workshop on suicide prevention and/or best practices for suicide risk assessment
-  Learn about safe and effective messaging for suicide

Reduce Access to Lethal Means

-  Ask your local pharmacy to include crisis resources on pharmacy bags
-  Safely dispose of unused or unneeded medications
-  Safely store all firearms (gun locks/safes)
-  Secure firearms outside of homes for people in distress
-  Support local efforts to implement bridge barriers

Prepare Your School or Community for How to Respond After a Suicide

-  Help develop a postvention plan at your school or organization
-  Share local resources for loss and attempt survivors

Join the Los Angeles County Suicide Prevention Network

For more information and to get started visit:
www.LASuicidePreventionNetwork.org

If you are in crisis, or concerned about someone else, please call or text 988 or chat 988lifeline.org to reach the Suicide & Crisis Lifeline (24/7).