



Survivors of Suicide Attempts Support Groups

Have you ever attempted suicide?

Do you find yourself thinking of suicide
as a way to end your pain?

Do you feel as if there is no one you can talk
to about your thoughts?

YOU ARE NOT ALONE

THERE IS *HOPE* AND THERE IS *HELP*

Didi Hirsch's Suicide Prevention Center
is offering a support group for
suicide attempt survivors.

For more information, call

424-362-2911

(group dates and times to be determined)

24-hour Suicide Crisis Line:

800-273-8255

24/7 Crisis Chat: [didihirsch.org/chat](https://www.didihirsch.org/chat)

24/7 CrisisText: text **HEARME** to **839863**
(for deaf & hard-of-hearing)

www.didihirsch.org/spc

Funded with support from the Los Angeles Department of Mental Health



Have you or someone you know had thoughts about suicide?

Speak with a highly trained member of Didi Hirsch's suicide prevention Crisis Line, which provides direct, confidential 24-hour telephone counseling to individuals contemplating, threatening or attempting suicide.

- 24 hours a day, 7 days a week
- Multi-lingual support
- Member of the National Suicide Prevention Lifeline

**There is hope. We can help.
Call toll-free anytime, day or night:**

800-273-8255

24/7 English/Spanish crisis counselors

Other Resources:

Survivors of Suicide

Attempts Support Groups..... 424-362-2911

Survivors After Suicide

Counseling and Support Groups..... 424-362-2912

Teen Line (6pm to 10pm PST)..... 800-852-8336

(Off hours covered by the Suicide Prevention Crisis Line)

Trevor Line (LGBTQ Youth) 866-488-7386

Warmline Network Services 855-952-9276

(10am - 6am, 7 days a week)

Social Services Information 211

Emergency 911