



COMMUNITY SUICIDE PREVENTION: HOW TO GET INVOLVED

IF YOU HAVE 5-15 MINUTES

- Light a candle in honor of a loved one who has died by suicide
- Sign the Stigma Free OC pledge: stigmafreeoc.com
- Post a “Don’t Give Up” lawn sign in your yard: dontgiveupsigns.com
- Connection Challenge: Pledge to reach out to 3 people you haven’t spoken to recently and check on them
- Watch a 60-90 second youth-created short film about mental health and suicide prevention from Directing Change and share via social media: directingchangeoca.org

IF YOU HAVE A 1-2 HOURS

- Attend a Community Forum meeting on the 2nd Saturday of each month: bit.ly/3tWGA2x
- Visit suicideispreventable.org and become familiar with the “Know the Signs” resources
- Attend a Talks Saves Lives training from AFSP: afsp.org/chapter/orange-county
- Visit the Kindness Project site (thekindnessrocksproject.com) and decorate rocks with uplifting messages, share them on hikes or in the community, take a photo and post on social media
- Attend a Suicide Prevention Training offered monthly from Didi Hirsch: didihirsch.org/training/

IF YOU WANT TO GIVE MORE TIME

- Participate in the Out of the Darkness Walk on October 16th: afsp.org/chapter/orange-county
- Sign up and participate in the NAMI walk: namiwalks.org/orangecounty
- Become an advocate for suicide prevention: afsp.org/become-a-suicide-prevention-public-policy-advocate
- Take 5 Steps: Learn the Signs, Know How to Help, Practice Self Care, Reach Out, Spread the Word: take5tosavelives.org/take-5-steps
- Sign up to be an “Ambassador of Hope” volunteer through NAMI and Be Well OC: bewelloc.org/get-involved/