

# FEELING SUICIDAL?

*There is HOPE and there is HELP....*

## YOU ARE NOT ALONE

# SUICIDE PREVENTION CRISIS LINE

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*
- *English and Spanish language support*
- *Other languages available upon request*
- *Member of the National Suicide Prevention Lifeline*

**call toll free**

**(877) 550-2525**

*A free and confidential/anonymous hotline for LAUSD employees and their families.*

[www.didihirsch.org](http://www.didihirsch.org)

Didi Hirsch Mental Health Services is a non-profit 501(c)(3), Short Doyle Contract and United Way agency.

Didi Hirsch Mental Health Services does not discriminate on the basis of disability, and upon request, will provide reasonable accommodation to ensure equal access to its programs, services and activities.



A PARTNERSHIP WITH DIDI HIRSCH MENTAL HEALTH SERVICES, THE LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH AND THE LOS ANGELES UNIFIED SCHOOL DISTRICT.

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