



## September is suicide Prevention Month

September is Suicide Prevention Month, a time to raise awareness, promote prevention resources and support families and communities impacted by suicide.

Suicide is one of the leading causes of death in the United States. In 2023, more than 49,000 people died by suicide and in the same year, there were an estimated 1.5 million suicide attempts.

In Los Angeles County, the impact is deeply felt. In 2023, 875 Los Angeles County residents died by suicide, including 112 youth between the ages of 10 and 24. Suicide was the third leading cause of death among the County's youth that year.<sup>1</sup> For every suicide death, there are many more suicide attempts treated in hospitals and emergency rooms. During 2023, over 3,800 Los Angeles County residents, including over 1,600 youth, were treated for self-harm injuries.<sup>2i</sup>

This year, the Los Angeles County Board of Supervisors proclaimed September 8, 2025, as "9-8-8 Day" in Los Angeles County. The [9-8-8 Suicide and Crisis Lifeline](#) provides immediate, confidential support for people in distress. The Board also proclaimed September 2025 as National Suicide Prevention Awareness Month. By recognizing these dates, the Board underscores the importance of raising awareness and encouraging residents to seek help when they or their loved ones are experiencing a mental health crisis.

### Resources:

- **The 988 Suicide & Crisis Lifeline:** Resources about promoting Suicide Prevention Month. You can also access confidential support 24/7 by calling or texting 988, or visiting [988lifeline.org](https://www.988lifeline.org)
- **Conversations Can Help/Never a Bother Suicide Prevention Toolkit:** Developed by the Los Angeles County Department of Public Health's Office of Violence Prevention in partnership with the California Department of Public Health, this toolkit was shaped directly by LA County youth to ensure its relevance and effectiveness. These resources are designed to support youth suicide prevention efforts across communities. The toolkit includes ready-to-use resources.
- **Addressing Teen Mental Health Challenges: A Mental Health Toolkit for Parents and Guardians of Teens** developed by the Department of Public Health's Office of Planning, Integration and Education.
- **Youth Suicide Prevention Project:** Resources for parents and students developed by the Los Angeles County Office of Education.

- **National Alliance on Mental Illness (NAMI):** Provides a toolkit and resources for Suicide Prevention Month, emphasizing the importance of starting conversations and ending the silence surrounding suicide. Access the toolkit [here](#).
- **LACDMH Help Line:** 24/7 crisis and emotional wellness resources. Call (800) 854-7771.
- **Didi Hirsch Mental Health Life Line:** LA based suicide prevention and substance abuse treatment center.
  - English & Spanish: Call (800) 273-8255 (24/7)
  - Korean: Call (877) 727-4747 (4:30pm–2:30am, 7 days a week)
  - Visit [didihirsch.org](http://didihirsch.org)
- **California Youth Crisis Line:** Crisis counseling and resource sharing for youth and families
  - Call (800) 843-5200 (24/7)
  - Text 800-843-5200 (24/7)
  - Visit [calyouth.org/cycl](http://calyouth.org/cycl)
- **The Trevor Project:** Crisis support for LGBTQ+ young people and allies under age 25
  - English: Call 1-866-488-7386
  - Text "START" to 678-678
  - Chat at [thetrevorproject.org/get-help](http://thetrevorproject.org/get-help)
- **Teen Line, a program of Didi Hirsch** Crisis hotline operated by teens for teens.
  - Call (310) 855-4673 (6:00–10:00pm, English)
  - Text "TEEN" to 839863 (6:00–9:00pm, English)

## Flea-borne Typhus

The Los Angeles County Department of Public Health is urging people to take precautions following an increase of flea-borne typhus cases across the County. Earlier this year, Public Health investigated a localized outbreak of flea-borne typhus in Central Los Angeles and is currently investigating a second outbreak in the City of Santa Monica.

Flea-borne typhus cases have been rising in Los Angeles County since 2010. In 2024, a record 187 cases were identified. So far in 2025, 106 cases have already been reported, higher than this time last year. Public Health expects additional cases and clusters to appear in the coming months, as flea-borne typhus infections peak in late summer and fall.

## What is Flea-Borne Typhus (Typhus)?

Typhus is an acute febrile illness caused by *Rickettsia Typhi* bacteria, which is spread by infected fleas. People can become infected when flea feces are rubbed into cuts or scrapes on the skin or rubbed into the eyes.

In Los Angeles County, infected fleas are most commonly found on rats, free-roaming cats, and opossums. Pets such as dogs and cats that go outdoors can bring fleas into and around your home. Infected animals typically do not show signs of illness. Flea-borne typhus is not spread from person to person.

## How to Prevent Flea-Borne Typhus:

Public Health encourages people to follow these preventive steps to the risk of flea-borne typhus infections:

- **Keep fleas off you and your pets.**
  - When outside, use EPA-registered insect repellent labeled for protection against fleas.
  - Routinely use flea control products on your pets.
  - Keep pets indoors as much as possible.
- **Avoid attracting wild or stray animals.**
  - Don't leave pet food or water outside.
  - Don't feed or touch stray or wild animals.
  - Keep your yard free of debris and overgrown plants.
  - Store trash in containers with tightly fitting lids.
  - Close off crawl spaces and seal any openings where animals could enter, hide, or find food and water.
  - Report stray animals or signs of rodents or opossums near your property to local animal control officials.

For more information regarding flea-borne typhus, visit: [ph.lacounty.gov/Typhus](http://ph.lacounty.gov/Typhus)

### **County-Wide Initiative to Reduce Greenhouse Gas Emissions Through Food Procurement**

On January 7, 2025, the Board adopted a second motion, "[Expanding County Action to Reduce Greenhouse Gas Emissions through Food Procurement](#)", directing Public Health, the Chief Sustainability Office (CSO), the Internal Services Department (ISD), the Chief Executive Office (CEO), and County Counsel to develop a new protocol for food service solicitations/contracts. This protocol, developed in partnership with impacted County departments, intends to include and scale the revised *Standards for Prepared Foods, Snacks and Beverages*. On June 17, 2025, a third [Board motion](#) authorized the CEO to work with Public Health to join the World Resources Institute's (WRI) "Coolfood Pledge", a global initiative to reduce food-based emissions by at least 25% by 2030.

To support the implementation of these Board motions, the Division of Chronic Disease and Injury Prevention leads a county-wide initiative that is currently adapting and implementing several field-tested strategies:

1. Collaborate with twelve County departments to integrate the revised *Standards for Prepared Foods, Snacks and Beverages*, which contains newly required plant-based food standards, into the County's food procurement and contracting processes;

2. Lead the collection of food purchasing data from County departments to inform annual climate impact reports that will be developed by WRI's Coolfood Pledge initiative. These reports will present year-to-year annual changes in food procurement and progress towards emissions reduction goals, helping the County to expand its transparency on food procurement practices; and
3. Share best practices with County departments, including cost-neutral or cost-savings strategies, to promote more plant-based foods in County food service, using data highlighted by the WRI Coolfood Pledge initiative.

### **Events happening at Curtis Tucker Center for Community Wellness**

Curtis Tucker Center for Community Wellness, will host the **The AHN Foundation: ElevateHER: Black Women's Health and Advocacy Day**

ElevateHER was a transformative community event designed to empower women through health education, resources, and sisterhood. Special offerings included free mammograms for women over 40 with a \$50 gift card incentive, exclusive wellness kits for the first 50 registrants, and complimentary lunches and giveaways for workshop participants.

Los Angeles County Supervisor Holly J. Mitchell and Inglewood Councilmember Dionne Faulk led a keynote discussion on the *State of Black Women's Health* in Inglewood and across Los Angeles County. Workshops addressed menopause and its impact on sexual and financial health, as well as caregiving, leadership, and self-care.

The event successfully combined health services, education, and community building, while encouraging early registration and participation to maximize engagement. **Saturday, October 4 - 10am - 3pm 123 W. Manchester Blvd, Inglewood, CA 90301**

**To register:**

**<https://www.eventbrite.com/e/elevateher-black-womens-health-advocacy-day-tickets-1657620510569>**

### **Well Fed = Less Lead Resource Fair**

The Los Angeles County Department of Public Health, Childhood Lead Poisoning Prevention Program, in collaboration with the Curtis Tucker Center for Community Wellness, will host the **"Well Fed = Less Lead" Resource Fair on October 24, 2025, from 10:30 AM to 2:30 PM.**

**Location:**

123 W. Manchester Blvd  
Inglewood, CA 90301

The goal of this event is to educate families on the important role nutrition plays in preventing lead poisoning, while also connecting them to valuable community resources.

**Event highlights include:**

- Lead 101 Education Workshop
- Free Lead Screening for Children and Adults
- Community Resources in the areas of:
  - WIC & Nutrition
  - Early Childhood Education
  - Maternal Health
  - Mental Health Services
  - And more!

This event is open to the public and aims to support healthy, lead-free futures for children and families in the community.

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<sup>1</sup> Los Angeles County Annual 2023 Data File, assembled from California Department of Public Health Vital Records Data. Office of Health Assessment & Epidemiology, Los Angeles County Department of Public Health

<sup>2</sup> California Department of Public Health, Injury and Violence Prevention Branch. EpiCenter: California Injury Data Online. Retrieved 08/20/25 from <https://skylab4.cdph.ca.gov/epicenter/>