

# SPA 7 Regional Health Office LA County DPH Monthly Newsletter

September 2025

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## September is Suicide Prevention Awareness Month

September is National Suicide Prevention Month – a time to remember the lives lost to suicide, acknowledge the millions more who have experienced suicidal thoughts, and the many individuals, families, and communities that have been impacted by suicide. It's also a time to raise awareness about suicide prevention and share messages of hope.

There are multiple things you can do to get involved in bringing awareness to suicide prevention. Learning about the [warning signs and risk factors for suicide](#), how to support someone struggling with mental health, and familiarizing yourself with the resources available for suicide prevention are all ways you can help.

If you or someone you know is struggling, please contact the **988** suicide and crisis lifeline. The lifeline offers 24/7 judgment-free support for mental health, substance use, and more. Call, text, or chat today.

For information on LA County's Suicide Prevention Network, please click here: <https://tinyurl.com/ex5u9bk9>.



## September Observances

### National Healthy Aging Month

Healthy Aging Month is observed in September. This observance raises awareness about the physical and mental health of older adults and serves as a reminder that, as we age, our minds and bodies change. It is important to maintain a healthy lifestyle to help deal with those changes and to help prevent some common age-related health problems.



You can take a proactive approach to aging by adopting healthy habits and behaviors, managing existing health conditions, and staying connected to your community. Here are some tips on staying healthy while you age:

- Eat and drink healthily
- Move more, sit less
- Get regular check-ups
- Stay socially active

For more LA County resources on aging, please visit: <https://ad.lacounty.gov/>.

### National Childhood Obesity Awareness Month



**One in 5 children in the United States is obese.**

Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

The good news? Childhood obesity can be prevented. Family members, caregivers, and other role models play an integral part in helping children make healthy choices. If you have a child close to you in your life, encourage them to focus on healthy eating habits, physical activity, and good sleep.

If you are interested in bringing health education to your child's school on topics such as weight management, sugar-sweetened beverages, physical activity, and more, please fill out this form: <https://forms.office.com/g/Pd9LhAXGCS>.

### National Recovery Month

National Recovery Month, held every September, is an observance that aims to promote and support individuals in recovery from substance use disorders and mental health conditions. It's a time to celebrate the successes of those in recovery, raise awareness about the possibility of recovery, and connect people with resources and support. The month also works to reduce the stigma surrounding these conditions and highlight the importance of accessible treatment and support systems.



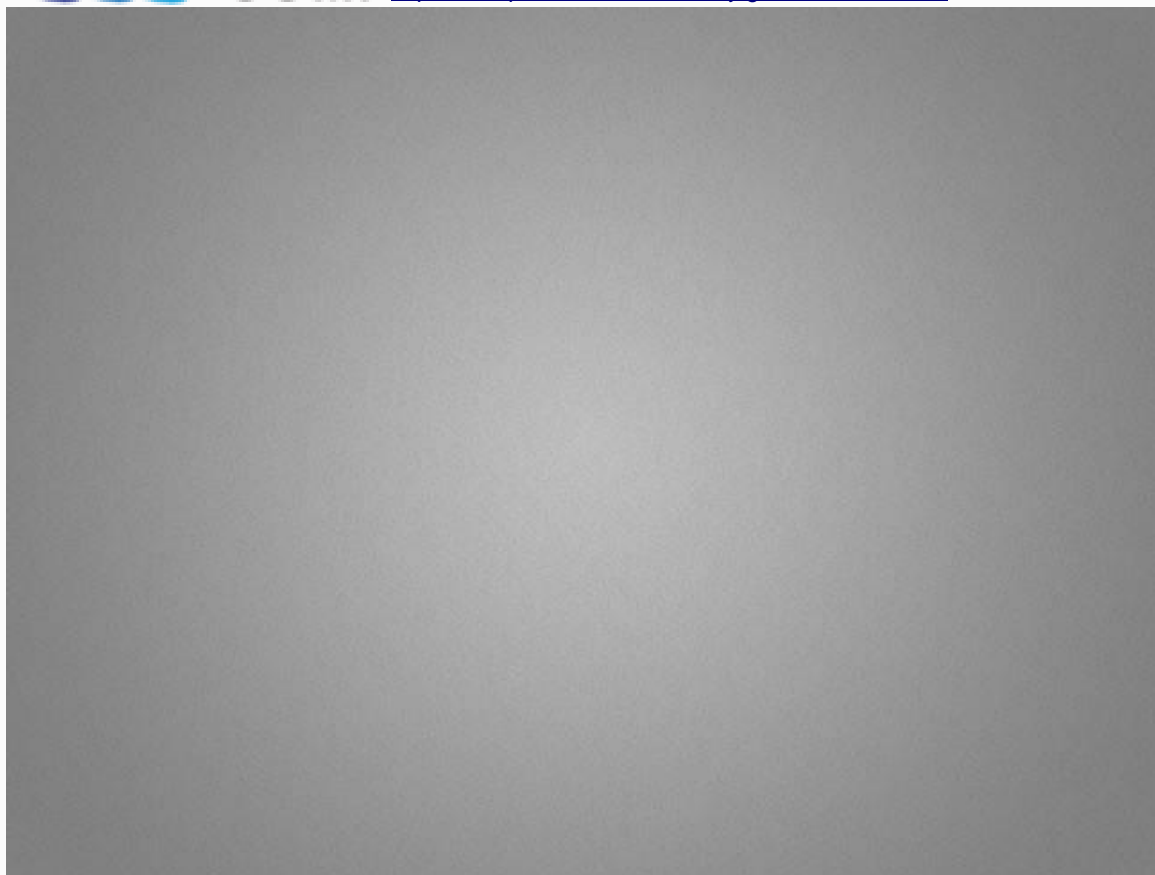
Recovery never ends, and sometimes we still need support. The Whittier Wellness Community provides the lifesaving medication, Naloxone, for free at our center - **7643 S Painter Ave, Whittier. 90602**. You can receive free Naloxone, with no questions asked, and no appointment necessary during normal business hours from Monday-Friday. In addition, there are substance abuse counselors available for support. If you are interested in contacting our substance abuse counselor, Renee, please contact her via email here: [rrazo@ph.lacounty.gov](mailto:rrazo@ph.lacounty.gov).

## SPA 7 Resources and Upcoming Events

## Whittier Wellness Community



The **Whittier Wellness Community** offers a variety of workshops each month. You can find our September calendar of events below. If you are interested in visiting our website, please click here: <http://www.publichealth.lacounty.gov/chs/WWC.htm>



### New Cancer Workshops at PIH

#### **Embracing Life After Prostate Cancer - September 13th, 10-12PM**

Transitioning from active cancer treatment into survivorship is an exciting time that can leave you with mixed emotions and questions related to what comes next. Join us for a live program where you will connect with other prostate cancer survivors and learn tips and tools to help you manage life after treatment including common, long-term side effects.

#### **Embracing Life After Breast Cancer - October 4th, 10AM-12PM**

Transitioning from active cancer treatment into survivorship is an exciting time that can leave you with mixed emotions and questions related to what comes next. Join us for a live program where you will connect with other breast cancer survivors and learn tips and tools to help you manage life after treatment including common, long-term side effects.



#### **To RSVP**

Call 562.698.0811 Ext. 12777

**Location**

PIH Health Whittier Hospital - 12401 Washington Blvd., Whittier, CA, 90602, Conference Room F (lower level)

**Feel the Summer Beat with LA County Parks!**



The poster features a header with logos for the City of Los Angeles, LA County Parks & Recreation, the Our SPOT logo, and the County of Los Angeles Public Health. Below the header, on the left, is an illustration of a person in a blue shirt and orange pants in a dynamic pose. To the right of the illustration, the text 'Summer Beat' is written in large blue letters with a sunburst graphic behind it, and 'PROGRAMS FOR TEENS AND YOUTH' is written in smaller purple letters below it. In the center, a white box contains the text 'Our SPOT TEEN CENTER' in large blue letters, followed by 'Expansion of Operating Hours and Supper Program' in purple, 'Beginning July 1' in purple, and 'AT ALL 16 OUR SPOT TEEN CENTERS' in purple. At the bottom of the white box, it says 'New hours: Monday – Friday' in black. To the right of the white box, there is a paragraph of text: 'Our SPOT is e teens across exciting expa free sports, h mentoring, c activities, ho critical afters and Hollywood Teens enrolle receive a hot PM, and will h up for sports meaningful, t'. Below this paragraph, another paragraph starts: 'This expansio in San Gabrie and Antelope transportatio starting this t access for n'.

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**Expansion of Operating Hours and Supper Program**

**Beginning July 1**

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## Summer of Love

A summer of love is filled with long sunny days, clear blue skies, music festivals, Pride events, and warm summer nights. It's about love for friends, family, and self, which includes prioritizing your health!

LA County Department of Public Health is here for you with these services:

- immunizations
- HIV/Sexually Transmitted Disease Screenings
- HIV Pre and Post Exposure Prophylaxis (PrEP/PEP)
- Condoms
- Narcan
- Tuberculosis Screening
- And much more!

For more information, please visit the sexual health clinic website: [ph.lacounty.gov/clinics](https://ph.lacounty.gov/clinics) or call the Public Health Info Line at (833) 540-0473



## Free Gun Locks



In 2025, OVP is committed to distributing more than 60,000 cable gun locks – free of charge and no questions asked – across Los Angeles County. This unprecedented effort is designed to keep children safe from firearms, limit the possibility that a person intent on harming themselves or others can quickly secure a loaded, unlocked weapon, and guard against the theft of guns. To secure a lock from OVP, please fill out this form (limit of two locks per person): <https://tinyurl.com/5n8tvddz>

Free gun locks are also available at [these](#) Los Angeles County Medical Centers and [these](#) LA County Libraries.

## LA Health Portal E-Visits

Need care now? An eVisit is a quick, convenient online care choice for common medical concerns. An eVisit gives patients access to care from a provider who can order tests and/or medicines without a trip to the doctor's office. eVisits are a great choice for common medical concerns like:

- Cold or Flu
- Headache
- Muscle Aches
- Skin Rash
- Sore Throat
- Urinary Problems
- Vaginal Problems



#### How it works

- Sign in to the LA Health Portal and fill out an eVisit form.
- Get a response email from a provider within 1 hour from 8 am to 8 pm, 7 days a week.\*
- The provider will answer your questions and order tests and/or medicines if needed.

\*E-visits sent after 8 pm will receive an answer the following day.

For questions, call [844-804-0055](tel:844-804-0055), select Option 3, or text [844-804-0001](tel:844-804-0001).

For more information, [watch a video about eVisits](#).

#### Not enrolled in the LA Health Portal?

Enrolling is quick and easy for LA Health Services patients.

Click [here](#) to enroll online or download the app from your app store.

## Community Public Health Teams

Community Public Health Teams (CPHT) is a project that brings together community-based organizations, health care partners, and Public Health staff. These teams work at the household level, conducting home visits to gather health needs and connect people to care, and also works at the community level, inviting people to participate in creating community action plans.

This is a new approach to public health and health care in LA County. Public Health is investing public health infrastructure dollars to implement this pilot project for five years, beginning August 2023. The goal is to build long-term relationships with households, empower communities to define the health priorities that matter to them, and demonstrate that this new way of engagement can support better health outcomes.

To learn more about the CPHT project and find a CPHT near you, visit:

<http://publichealth.lacounty.gov/pie/CommEngage/cpht.htm>.



## DPH Resources



**LOS ANGELES COUNTY  
PUBLIC HEALTH INFOLINE  
1-833-540-0473**

**8 AM - 8 PM / 7 Days a Week**

**Real People. Reliable Information.**



## Los Angeles County Public Health InfoLine

The Los Angeles County Public Health InfoLine's goal is to expand the resources Public Health can provide over the phone, strengthen community trust by having a live person to talk to, and being a vital line of communication for future public health emergencies. All calls from the community are answered by health education assistants. Here are some of the topics the InfoLine can cover:

- COVID-19
- Mpox
- Insurance/Coverage
- Domestic Violence
- HIV & Sexually Transmitted Infections/Diseases
- Vaccinations
- Women's Health
- Nutrition
- Oral Health
- And much more!

## Immunization Coalition of LA County

The Immunization Coalition of Los Angeles County (ICLAC) is a diverse, grassroots, community-based partnership of Los Angeles County hospitals, schools, clinics, health department programs, pharmacies, health plans, vaccine companies, and non-profit organizations with a mission to work together to improve access to the medically recommended immunizations for adults and adolescents, especially among groups at highest risk for vaccine preventable diseases in Los Angeles County.

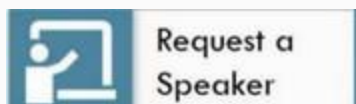
If you are interested in getting vaccinated, looking for vaccination records, or reading up on the latest ICLAC news, please visit:

<https://immunizelac.org/>

Also click here <https://www.cdc.gov/vaccines/hcp/imz-schedules/child-schedule-vaccines.html> for Children and adolescent vaccine schedule



## Need a Presentation on the COVID-19 Vaccine, Hands Only CPR, or other Health Topics?



The Los Angeles County Department of Public Health offers an array of presentations, including COVID-19, COVID-19 vaccines, and Mpox. If you would like to schedule a presentation for your organization, see: <https://forms.office.com/g/Pd9LhAXGCS>

## Angelenos in Action

Join Angelenos in Action, a voluntary public health survey that takes less than 1 minute each week and helps the Los Angeles County Department of Public Health monitor respiratory illness throughout the County.

Here's how it works:

1. Text "@PROTECT" to (833) 228-3056 to volunteer for our survey or sign up online using this link: <http://tinyurl.com/ys6se6we>.
2. Answer 5 quick questions to sign up.
3. You will be randomized to receive surveys one day a week.
4. Every week on that day, the LA County Department of Public Health will text or email you one YES/NO question to ask how you're feeling.
5. If you feel unwell, you will be asked two more YES/NO questions about symptoms of respiratory illness.



All data is kept completely private. To read more about Angelenos in Action, please click <http://tinyurl.com/bdhjuyje>.

## Office of Violence Prevention - GVROs (Gun Violence Restraining Orders)



A Gun Violence Restraining Order, or GVRO, is a law that was approved by the State of California in 2016. The GVRO allows family members, household members, some employers, colleagues, teachers, and law enforcement to take action to prevent a person who poses a significant risk of harming themselves or others from having or purchasing a

gun, ammunition, or magazine for a specified length of time, between 21 days and five years. To find out more about who can request one, and how to request one, please see: <http://tinyurl.com/y3hfb575>.

## Free Naloxone Clinics

A number of Los Angeles County public libraries are hosting FREE Naloxone Clinics. Naloxone is a lifesaving medication that can reverse the effects of an opioid overdose.

No identification or proof of insurance is required. To find the clinic closest to you, please visit this website: <http://tinyurl.com/y5z2edu3>



**Vaccinate L.A. Newsletter**





Sign up for the COVID-19 Vaccine Newsletter to stay updated on COVID-19 related facts.

Visit [VaccinateLACounty.com](https://vaccinate.lacounty.gov) to learn more about:

- What COVID-19 is
- COVID-19 symptoms
- Where to get the COVID-19 vaccine
- And more!

## Useful Links and Resources

[iPrevail Online Mental Health Resource](#)

[COVID-19 Vaccination Distribution Dashboard](#)

[COVID-19 Vaccine Information](#)

[COVID-19 Vaccination Records](#)

[COVID-19 Surveillance Dashboard](#)

[COVID-19 Testing](#)

For more information on COVID-19, please [visit our website County's COVID-19](#)

[Free Tax Preparation Services](#)

[Free Snack Program](#)

[Get Ahead LA Financial Resources](#)

[Headspace: Free Mindfulness App](#)

[LA County America's Job Center of California](#)

[LA Tenant Protections Resolution](#)

[LA County's Office of Immigrant Affairs](#)

[LA County's Office of Emergency Preparedness and Response Program](#)

[LA County Youth Suicide Prevention Project](#)

[LA Department of Water & Power Bill Credit](#)

[LA Public Health Podcast](#)

[Laptop and Hotspot Loans from LA County Libraries](#)

[Mental Health Support](#) (800) 854-7771 or text "LA" to 741741)

[Metro LIFE Program](#)

[National Suicide Prevention Lifeline](#)

[Request a Mobile Vaccination Team](#)

[Report a violation](#) (888) 700-9995, Monday – Friday from 8:00AM to 5:00PM

[SoCalGas Assistance Fund](#)

[Southern California Edison Assistance](#)

For additional resources, please dial 2-1-1

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