

NEWS RELEASE



313 N. Figueroa Street, Room 806 • Los Angeles, CA 90012 • (213) 240-8144 • media@ph.lacounty.gov
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For more information contact:

Public Health Communications
(213) 240-8144
media@ph.lacounty.gov

Suicide Rates in LA County Indicate a Serious and Significant Public Health Issue

Suicide continues to be a leading cause of injury and premature death

LOS ANGELES – More Los Angeles County residents die by suicide than from homicides, car crashes, or unintentional drug overdoses, according to newly published data from the Los Angeles County Department of Public Health (Public Health). Along with the Department of Mental Health, Public Health encourages the public to learn more about suicide risk factors during Suicide Prevention Month.

While Los Angeles County's rate of suicide is lower than state and national averages, there are still roughly two suicides daily. Suicide rates among males are 3.5 times higher than women, although more women than men are treated or hospitalized after a suicide attempt, according to the latest data from 2013.

"Suicide and suicide attempts continue to be a leading cause of injury and premature death in Los Angeles County. However, it does not have to be this way," said Jeffrey Gunzenhauser, MD, MPH, Los Angeles County Interim Health Officer. "During Suicide Prevention Month, Public Health encourages everyone to take time to learn about the warning signs of suicide and what each of us can do to help someone who may be at risk."

Information on the risk factors and warning signs for suicide, as well as preventive steps, can be found at on the Department of Mental Health website at <http://bit.ly/2c3TV2l>.

"Depression, trauma, grief and loss, and substance use are some of the risk factors associated with suicide," said Carlotta Childs-Seagle, Deputy Director, Los Angeles County Department of Mental Health. "The stigma around seeking help is very real, but talking about suicide actually opens up avenues for help and support."

Tony Kuo, MD, MSHS, Acting Director, Division of Chronic Disease and Injury Prevention said, "Suicide is devastating, but it can be prevented. Free resources are available to help people in need of support."

Suicide Prevention Resources

1. Los Angeles County Department of Mental Health – Access Center Helpline (24/7 and Bilingual)
800-854-7771
dmh.lacounty.gov
2. LA County 211 (24/7 and Bilingual)
2-1-1
211.org
3. The National Suicide Prevention Lifeline (24/7 and Bilingual)
1-800-273-TALK (8255)
suicidepreventionlifeline.org

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