



PRESS RELEASE

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FOR IMMEDIATE RELEASE

City of Seal Beach Partners with Orange County Health Care Agency in Recognition of
Suicide Prevention Awareness Month with “Light Up Hope OC” Campaign

Seal Beach, CA – Suicide Prevention Awareness Month is an annual month-long campaign in September that is meant to inform and engage with the public about suicide prevention, the early signs of suicide, and how to get professional help if needed. According to the U.S. Centers for Disease Control and Prevention, suicide is a leading cause of death in the United States, with 45,979 deaths in 2020 alone. This is roughly about one death every 11 minutes.

In Orange County, the Orange County Health Care Agency (OCHCA) [estimates that the suicide rate](#) in Seal Beach is 398.1, which make it the 2nd highest rate of suicide, just after Laguna Woods. The most recent [OCHCA Suicide Deaths Report](#) states, “Those affected most by suicide deaths fell into the following categories: those who were identified demographically as Non-Hispanic White (hereafter referred to as White), male, and middle-aged to older adult. With some exceptions, many of the cities on the coastal areas of Orange County were most affected by suicide deaths compared to their inland neighbors. These cities also tended to have the highest populations of Whites and adults 55 years and older.”

In partnership with the OCHCA Office of Suicide Prevention, Seal Beach will be lighting up the Seal Beach Pier in teal and purple as part of the “Light Up Hope OC” Campaign during the week of September 19.

Some of the signs that a loved one is considering suicide might be:

- Putting affairs in order/giving away possessions
- Reckless behavior/increasing alcohol or drug use
- Anxiety, agitation, anger, hopelessness, sudden mood changes
- Talking about wanting to die or being a burden to others

Find the words:

- Listen, express concern, reassure
- If it is safe, remove weapons from the home

Reach Out:

- In addition to calling the 9-8-8 lifeline, additional resources are available by visiting www.OCNavigator.org or by calling (855) OC-LINKS.

Visit LightUpHopeOC.com for a list of lighted landmarks and locations and to learn how you can support the message. To learn more about helping someone who is struggling, visit www.suicideispreventable.org. If you or someone you know is in need of support with an emotional crisis or thinking about suicide, please contact the **Suicide and Crisis Lifeline, available 24/7 at 9-8-8.**

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