



PRESS RELEASE

May 3, 2024

FOR IMMEDIATE RELEASE

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CITY OF SEAL BEACH TO HOST SUICIDE PREVENTION COMMUNITY INFORMATION SESSION WITH DIDI HIRSCH FOR RESIDENTS AS PART OF MENTAL HEALTH AWARENESS MONTH

SEAL BEACH, CA – In partnership with Didi Hirsch Mental Health Services, the City of Seal Beach will host a free General Adult Suicide Prevention Training on Tuesday, May 21, 2024, from 7:00 PM to 8:00 PM at the Orange County Fire Authority Fire Station No. 48 (3131 North Gate Road, Seal Beach, CA 90740) as part of Mental Health Awareness Month. Please RSVP at <https://forms.office.com/g/VjsvmePUeA>.

The presentation will provide an overview of suicide prevention and will discuss the nature of suicide, suicide related statistics, risk factors, myths, and warning signs. Presenters will discuss how to assess for lethality, support a person who is suicidal, and link the person to appropriate resources. The Orange County Healthcare Agency (OCHCA) has contracted with Didi Hirsch since 2010 to provide suicide prevention and support services.

According to the OCHCA's most recent [suicide report](#), those most at risk are residents who are White, male, and middle aged to older adult. 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 White residents and adults 55 years and older. From 2021 to present, the average rate for Seal Beach is approximately 21 suicide deaths per 100,000 per year.

Do you need behavioral health services and do not know where to start? You may call [OCHCA OC Links](#) at (855) 625-4657 to speak with a "Navigator" who's been specially trained to guide you to the exact Health Care Agency behavioral health resources that will help you most. In case of a mental health emergency, please call 9-8-8. If you are experiencing a life threatening emergency, please call 9-1-1.



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