
SPA 7 Regional Health Office

LA County DPH Monthly Newsletter

May 2025

[Lea este boletín en Español](#)

May is Mental Health Awareness Month



Every year in May, we celebrate Mental Health Awareness Month. Mental Health Awareness Month was established in the United States in 1949 to promote awareness of mental health and highlight how mental health factors can impact an individual's overall well-being. Annually in May, this month aims to reduce stigma, enhance education on mental health issues, and encourage individuals to seek treatment when necessary. This month, take the opportunity to check in with yourself and your loved ones to prioritize mental health and well-being.

If you or someone you know is interested in free or low cost mental health services, you can visit the LA County Department of Mental Health website here: <https://dmh.lacounty.gov> or call the Help Line at (800) 854-7771. For mental health emergencies, please call 988.

May Observances



Women's Health Month

The goal of Women's Health Month is to empower women to make their health a priority and help women understand what steps they can take to improve their health.

This includes seeking medical help when you need it, but it also involves engaging in preventive care to keep you healthy, like scheduling checkups, examinations, vaccinations, living a healthy lifestyle, and more.

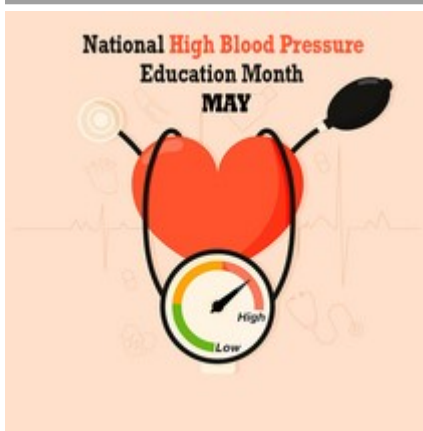
Women's Health Month also acts as an opportunity to educate women on the most common risks to their health, the symptoms, the warning signs, and when they should seek medical attention, so they know when something is out of the ordinary.

For more information on some common health concerns for women, please visit the Los Angeles County Office of Women's Health website here: <https://tinyurl.com/5zyzt6t>.

National Nurses' Month

National Nurses Month is an annual observance in the United States that celebrates the significant contributions that nurses make to the healthcare industry. It is a time to recognize and appreciate the dedication, hard work, and sacrifices that nurses make every day to provide high-quality patient care.

SPA 7 would like to take this time to recognize all of the amazing nursing staff that keep the Whittier Health Center running. You are appreciated!



High Blood Pressure Awareness Month

High blood pressure—or hypertension—is a major risk factor for heart disease. [Half of Americans have high blood pressure, and many don't know they have it.](#) It's important to know your numbers and work with a health care professional to control levels and manage risks.

[High blood pressure can be found in all age groups and usually has no symptoms.](#) However, lifestyle choices, such as healthy diet, regular exercise, refraining from smoking, and "knowing your numbers" can help manage your risks and help with high blood pressure control.

here: <https://tinyurl.com/st7suzs9>.

To request an educational high blood pressure presentation in SPA 7, please use this form: <https://tinyurl.com/bdfmatb9>

Asian American and Pacific Islander Heritage Month

Asian American and Pacific Islander Heritage Month (AAPI Heritage Month) is an annual celebration that recognizes the historical and cultural contributions of individuals and groups of Asian and Pacific Islander descent to the United States. The AAPI umbrella term includes cultures from the entire Asian continent—including East, Southeast and South Asia—and the Pacific Islands of Melanesia, Micronesia and Polynesia.



To read more about AAPI Heritage Month, please click here: <https://tinyurl.com/yefebp5j>



Physical Fitness and Sports Month

During the month of May, National Physical Fitness & Sports Month provides an opportunity to celebrate and promote physical activity and the benefits of sports participation.

Physical activity is key to maintaining health and well-being. Getting active can improve fitness and reduce stress, reduce risk for many chronic diseases, and ease symptoms of anxiety and depression. Youth sports can

help kids and teens get active and develop leadership, time management, and relationship-building skills.

The Whittier Wellness Community offers various physical activity and nutrition workshops monthly. To see a calendar of events, please click here: <https://tinyurl.com/bdeksh6u>

New Community Health Station Kiosk

The Department of Public Health Presents:

OUR NEW COMMUNITY HEALTH STATION

Located at:

Whittier Public Health Center
7643 S. Painter Ave Whittier, CA 90602

Stop by during the hours of:

Monday- Friday: 8am- 5pm

Thursday: 8am- 8pm

Free Health Supplies Include:

- Male & Female Condoms
- COVID-19 Testing Kits
- Fentanyl Testing Kits
- Naloxone Nasal Spray



Resource Navigator



**SYSTEMS NAVIGATION
SERVICES**

Need Resource Assistance?

WE ARE HERE TO HELP



FOOD



HOUSING



HEALTHCARE



EMOTIONAL
HEALTH



CHILDCARE



FINANCIAL
ASSISTANCE



DOMESTIC
VIOLENCE



SUBSTANCE USE &
RECOVERY



LEGAL AID



ELDER CARE



EDUCATION



EMPLOYMENT



TRANSPORTATION



UTILITIES



AND MORE

FOR MORE INFORMATION CONTACT:

SCAN
ME



CHRIS HAYES
SYSTEMS NAVIGATOR
(323) 597-6053



DPH-NAVIGATOR@PH.LACOUNTY.GOV

California Community Reinvestment Grants Program (CalCRG) is funded by Governor's Office of Business and Economic Development (GO-BiZ)



Free Gun Locks



In 2024, 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. To view all locations, please click here: <https://tinyurl.com/mtkrk3m2>

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 use the link: <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 scope of resources Public Health can provide over the phone, strengthen community trust by having a live person to talk to, and a vital line of communication in case of 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 & STDs/STIs
- Vaccinations
- Women's Health
- Nutrition
- Oral Health
- And much more!

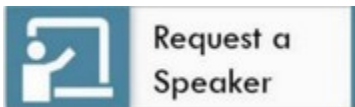
Immunization Coalition of LA County

The Immunization Coalition of Los Angeles County 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 this website: <https://immunizelac.org/>



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 Monkeypox. If you would like to schedule a presentation for your organization, click this link: <http://tinyurl.com/562dad3e>.

Angelenos in Action

Join Angelenos in Action, a voluntary public health survey that takes less than 1-minute each week and helps us monitor respiratory illness throughout LA 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 - GVRO's



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 on who can request one, and how to request one, please click this link: <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>



SPA 7 Resources and Upcoming Events

PIH Health Workshops

Check out these upcoming workshops and seminars with PIH Health:

Mind, Body, & Spirit Workshop

Check out this four week workshop series to explore and deepen your connection to yourself and spirit. Details:

- Thursdays, 4:30PM-6PM, beginning May 1-May 22
- PIH Health Whittier Hospital, Conference Room A, 12401 Washington Blvd, Whittier, CA 90602
- To register, go to PIHHealth.org/Calendar or call 562.698.0811 Ext. 12580

Colon Cancer Screening and Prevention Talk - SPANISH ONLY DISCUSSION

You're invited to attend an event featuring Alex Shindel, MD, who will discuss colon cancer prevention, and the importance of colonoscopies, especially as colon cancer rates increase among younger generations. Details:

- Tuesday, May 6, 2024, 4:30 PM
- In person or virtual, a link will be emailed to virtual attendees
- PIH Health Downey Hospital, Auditorium, 11500 Brookshire Ave., Downey, CA 90241
- To register, visit PIHHealth.org/CCLecture, or call 562-698-0811, Ext. 12869



Free Food Distribution and Produce Distribution

Free food distribution is every first Wednesday of the month at the Whittier Wellness Community (WWC). Upcoming distribution is on Wednesday, May 7, starting at 8:30am.

For more information visit: [WWC Produce Distribution](#)



Free Outdoor Wi-Fi and Hotspots at Select LA County Libraries



The Los Angeles County Library is now offering free outdoor Wi-Fi, and portable hotspots at several of participating libraries. Visit one of our participating locations and use your device to get connected or take home a portable hotspot for up to 6 weeks!

For free outdoor Wi-Fi, click this link to find participating locations: <http://tinyurl.com/2s47amy>.

For a portable hotspot, click this link to find participating locations:

<https://tinyurl.com/2k5edcbm>.

Free CPR Classes

The Critical Care Training Center is offering CPR classes. If you're interested in earning a CPR certification, please click this link to find the classes closest to you: <http://tinyurl.com/mrxpj9t5>. All classes are free and are offered in English and Spanish.



CommUNITY Wellness is a community-based program for children and their parents. The goal of this program is to reduce the risk of childhood obesity by focusing on healthy habits related to eating, physical activity, sleep, and emotional wellbeing. This program is for both parents and children 6-12 years of age. Programming is every Wednesday from 4:30-6:30pm.



For more information, please call 213-438-5570 or email info@gasolfoundation.org

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:

- [In Home Vaccines](#)
- [Vaccine Schedule](#)
- [Vaccine Data](#)
- [Vaccine Records](#)
- Vaccine Facts - [English](#) | [Español](#)
- Vaccine Side Effects - [English](#) | [Español](#)

Useful Links and Resources

[iPrevail Online Mental Health Resource](#)
[COVID-19 Post-Surge Dashboard](#)
[COVID-19 Vaccination Distribution Dashboard](#)
[COVID-19 Vaccine Information](#)
[COVID-19 Vaccination Records](#)
[COVID-19 Surveillance Dashboard](#)
[COVID-19 Testing](#)
[Flu Vaccines](#)
[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 County's COVID-19 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](#)
[Masks – Free N-95](#)
[Mental Health Support](#) (800) 854-7771 or text "LA" to 741741
[Metro LIFE Program](#)
[National Suicide Prevention Lifeline](#)
[Opportunity LA: Child Savings Account for LAUSD Students](#)
[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
 For more information on COVID-19, please [visit our website](#)
 Follow LA County Public Health on Instagram, Facebook, and Twitter: @lapublichealth



Update your subscriptions, modify your password or email address, or stop subscriptions at any time on your [Subscriber Preferences Page](#). You will need to use your email address to log in. If you have questions or problems with the subscription service, please visit subscriberhelp.govdelivery.com.

This service is provided to you at no charge by [County of Los Angeles](#).

This email was sent using GovDelivery Communications Cloud to Email Address on behalf of: County of Los Angeles, California · 500 W. Temple St. · Los Angeles 90012