



Written by [Michael Tennant](#) on May 26, 2020

Southern California suicide hotlines were already [reporting](#) huge increases in the number of calls they were receiving just one month into the coronavirus lockdown.

Walnut Creek is farther north, in Contra Costa County, near San Francisco. Contra Costa County Crisis Center executive director Tom Tamura told KGO that “calls to their hotline are up, but not dramatically.” Still, he recognizes that the isolation brought on by the shelter-in-place order can have its downside.

“I think people have found themselves disconnected from the normal supportive networks that they have, churches and schools and book clubs, you name it,” Tamura said. “And that, coupled with the closure of some counseling services, people were maybe in a little bit of shock. They were trying to weather the storm a bit, but as that isolation has grown people have come to realize this isn’t a sprint, it is a marathon.”

DeBoisblanc and Hansen told KGO they’re raising the alarm over rising suicides “because they want the community to be aware, for people to reach out and support each other and for those who are suffering to know they can get help.”

Unfortunately, their pleas appear to be falling on deaf ears. In statements to KGO, both John Muir Health and Contra Costa County Health Services referred merely to physicians’ varied “opinions” on the shelter-in-place orders. John Muir Health said it “has been, and continues to be, supportive of the Shelter-in-Place order.” Contra Costa County Health Services, meanwhile, repeated the same old refrain: “We want to stress that the shelter-in-place order is saving lives at the same time.”

That, however, is a [highly dubious proposition](#), while a dramatic increase in suicides — assuming the doctors are telling the truth — is a fact. That’s just one more reason that the unconstitutional, destructive shelter-in-place order should be lifted immediately.



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