

National Suicide Awareness Week

2015 Deschutes County Fall Events

Tuesday, September 8, 6:00—7:30 p.m. *Real Stories*, Stories of Hope and Survivorship in the Brooks room, Deschutes Public Library, 601 NW Wall St, Bend. This is a free event. Recommended for persons 18 years of age and older.

Wednesday, September 9, 7:00—9:00 p.m. **Question, Persuade, Refer (QPR)** Suicide Prevention Training and Panel of Experts, First Floor, Barnes & Sawyer Room, Deschutes Services Building, 1300 NW Wall St, Bend. This is a free event. Recommended for persons 18 years of age and older.

Thursday, September 10, 7:30—8:30 p.m. International Suicide Prevention Awareness Day Candlelight Vigil at Larkspur Park, 1700 SE Reed Market Rd, Bend. This is a free event. Candles provided.

Saturday, September 12, 9:00—11:30 a.m. Out of the Darkness Walk. Pilot Butte State Park-Larkspur Trail, A benefit for the American Foundation for Suicide Prevention, at Pilot Butte State Park, Bend. Registration at 8:30 a.m. or contact Glenda Pinney, email faybag@msn.com or (541) 419-5303. Click link for information: <http://bit.ly/1NFzL9I>

Saturday, September 19, 10 a.m. *Road to Recovery*, a 5K Walk to benefit NAMI, at Crow's Feet Commons, 875 NW Brooks Street, Bend. Registration at FootZone or <https://recovery5k.wordpress.com/>

For Help and Information:

- ⇒ National Suicide Prevention Lifeline available 24-hours a day at 1-800-273-TALK (8255) or www.suicidepreventionlifeline.org.
- ⇒ Deschutes County maintains a 24-Hours mental health crisis line at (541) 322-7500, ext. 9.

Collaborated by Deschutes County Suicide Prevention Alliance and numerous community partners. For more information—www.deschutes.org/suicideprevention



Deschutes County Health Services Mission:

To Promote and Protect the Health and Safety of our Community.

To request this information in an alternate format please call (541) 388-6606

or send email to david.visiko@deschutes.org.



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