**WARNING SIGNS AND ACTIONS**

**URGENT WARNING SIGNS AND ACTIONS**

- Threatening to hurt or kill oneself
- Looking for a way to kill oneself
  - Seeking access to pills, weapons or other means
  - Searching online
- Talking, writing or expression of death, dying or suicide

**Call 9-1-1 or seek immediate help from a mental health provider when you hear or see any one of these behaviors.**

**NON-EMERGENT WARNING SIGNS AND ACTIONS**

- Hopelessness
- Rage, anger, seeking revenge
- Acting reckless or engaging in risky activities seemingly without thinking
- Feeling trapped—like there is no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family or society
- Anxiety, agitation, unable to sleep, or sleeping all the time
- Dramatic mood changes
- No reason for living; no sense of purpose in life

**Seek help by contacting a mental health professional or calling or texting 988 for a referral should you witness, hear, or see anyone exhibiting any one or more of these behaviors.**

**PROTECTIVE AND RISK FACTORS**

**PROTECTIVE FACTORS**

- Effective, positive coping/problem-solving skills
- Strong sense of cultural identity
- Support from partners, family, friends
- Feeling connected to others
- Strong, caring relationships
- Reduced access to lethal means for those at-risk for suicide
- Feeling connected to their school, community, and/or other social systems
- Access to healthcare
- Reason for living- strong sense of hopes/plans
- Providing opportunities for participation and contribution

**RISK FACTORS**

- Previous suicide attempt; losing someone to suicide
- Substance abuse/problem gambling
- Loss of a major relationship
- Significant unwanted life changes (e.g. unwanted move, financial issues, etc.)
- Legal issues
- ACEs
- History of depression/mental health issues
- Lack of access to healthcare
- Stress acculturation
- Discrimination
- Community violence
- Stigma associated with help-seeking

To request this information in an alternate format, please call Deschutes County Suicide Prevention Program at 541-322-7534 or send an email to bethany.kuschel@deschutes.org.
# LANGUAGE MATTERS

<table>
<thead>
<tr>
<th><strong>DO THIS</strong></th>
<th><strong>AVOID THIS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Died by suicide</td>
<td>Committed suicide (implies wrongdoing, continues stigma)</td>
</tr>
<tr>
<td>Killed him/her/themselves</td>
<td>Successful/completed suicide (implies the death was an achievement)</td>
</tr>
<tr>
<td>Took his/her/their own life</td>
<td>Chose to kill him/her/themselves (implies it was a rational choice when it may have been related to a crisis)</td>
</tr>
<tr>
<td>Suicide attempt</td>
<td>Failed/unsuccessful attempt (implies lack of success when surviving an attempt)</td>
</tr>
<tr>
<td>Increase in suicide</td>
<td>Suicide epidemic/skyrocketing suicide deaths (promotes a sense of panic)</td>
</tr>
<tr>
<td>Limit descriptions of suicide events and provide suicide prevention resources at events and in communications</td>
<td>Quoting from a suicide note, reporting on means, providing details of funerals/memorials, and/or a family’s grief (can contribute to contagion)</td>
</tr>
</tbody>
</table>

## DO'S AND DON'TS

- **DON'T** be afraid to talk about suicide. You will not plant the idea of suicide in someone’s head if they aren’t already thinking about it.
- **DO** take threats about suicide seriously.
- **DO** pay attention to changes in mood and behavior.
- **DON’T** ignore warning signs, and **DON'T** be afraid to talk about changes that you observe.
- **DO** make sure that access to items that might be lethal, such as guns and medicines, are locked away.

## ADDITIONAL RESOURCES

### YouthLine

- **YouthLine**
  - [www.oregonyouthline.org](http://www.oregonyouthline.org)

### Suicide & Crisis Lifeline

- **Call or Text 988**
  - [www.988helpline.org](http://www.988helpline.org)

### Crisis Stabilization Center

- **Crisis Stabilization Center**
  - 63311 Jamison Street, Bend
  - Hours of Operation: 24/7
  - Non-Emergency: (541) 585-7210
  - 24hr Crisis Line: (541) 322-7500 ext. 9

### The Trevor Project

- **The Trevor Project**
  - [www.thetrevorproject.org](http://www.thetrevorproject.org)

### Safe Oregon

- **Safe Oregon**
  - [www.app.safeoregon.com](http://www.app.safeoregon.com)

### School Based Health Centers

- **School Based Health Centers**
  - [www.deschutes.org/health/page/school-based-health-centers](http://www.deschutes.org/health/page/school-based-health-centers)