



# DESCHUTES COUNTY

## SUICIDE PREVENTION PROGRAM

### QUICK GUIDE ON BEST PRACTICES

#### 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](mailto:bethany.kuschel@deschutes.org).

# LANGUAGE MATTERS

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

## 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



### 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



### YouthLine

[www.oregonyouthline.org](http://www.oregonyouthline.org)



### Suicide & Crisis Lifeline

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



### The Trevor Project

[www.thetrevorproject.org](http://www.thetrevorproject.org)



### Safe Oregon

[www.app.safeoregon.com](http://www.app.safeoregon.com)



### School Based Health Centers

[www.deschutes.org/health/page/school-based-health-centers](http://www.deschutes.org/health/page/school-based-health-centers)