

Suicide Facts & Figures:

Oregon 2018*



On average, one person dies by suicide every 11 hours in the state.

More than six times as many people die by suicide in Oregon annually than by homicide.

The total deaths to suicide reflect a total of 13,945 years of potential life lost (YPLL) before age 65.



Suicide cost Oregon a total of **\$740,356,000** of combined lifetime medical and work loss cost in 2010, or an average of **\$1,080,811 per suicide death.**

*Based on most recent 2016 data from CDC. Learn more at afsp.org/statistics.



8th leading cause of death in Oregon

2nd leading

cause of death for ages 15-34

3rd leading

cause of death for ages 35-44

5th leading

cause of death for ages 45-54

8th leading

cause of death for ages 55-64

15th leading

cause of death for ages 65 & older

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Oregon	772	17.79	16
Nationally	44,965	13.42	

Suicide Facts & Figures: Oregon 2018

Suicide Prevention Programs and Initiatives

- Oregon's Elder and Youth Suicide Prevention Programs are housed within the Oregon Health Authority, Public Health Division. Both programs provide access to gatekeeper training and compile suicide data and information as a resource to communities.
- Oregon law (ORS §§ 418.731 and 418.733) provides for a Youth Suicide Prevention Coordinator, within the Oregon Health Authority, who facilitates the development of a statewide youth suicide intervention and prevention plan and updates the plan every 5 years, improves outreach, provides technical assistance, coordinates interagency efforts, and reports annually on emergency room admissions for youth suicidal behavior. See the latest Youth Suicide Intervention and Prevention Plan: 2016-2020 (<http://bit.ly/2i9jW5O>) and the 2017 Youth Suicide Intervention and Prevention Plan Annual Report (<https://apps.state.or.us/Forms/Served/1e8874c.pdf>).
- The Oregon Health Authority currently manages the Caring Connections Youth Suicide Prevention Initiative with funding (2014 to 2019) through a federal Garrett Lee Smith grant.
- The Oregon Older Adult Suicide Prevention Plan: A Call to Action was released by the Oregon Department of Human Services in 2006 and outlines three primary strategies: clinically based prevention; community based prevention; and public health surveillance, program evaluation and research (<http://bit.ly/2GzPJWi>).
- Oregon law (ORS § 418.735) requires the Oregon Health Authority to develop a plan for communication among local mental health authorities and local systems to improve notifications and information-sharing when suspected suicides involve an individual under age 24. The plan must address community suicide response and post-intervention efforts.
- SB 48 (adopted 6/29/17) requires certain behavioral and physical healthcare providers to report to their licensing boards, at re-licensure, any suicide assessment, treatment and management continuing education they've taken, and requires the Oregon Health Authority to develop a list of available continuing education opportunities.

Get Involved

The **AFSP Oregon Chapter** brings together people of all backgrounds in communities throughout the state to fight suicide. We help fund research, offer educational programs, advocate for public policy and support those affected by suicide.

For more information or to volunteer, please contact:

AFSP Oregon
oregon@afsp.org

Become an Advocate

AFSP's Oregon advocacy volunteers build relationships with public officials and advocate on behalf of sound suicide prevention policy.

Visit afsp.org/advocate to sign up!





SUICIDE PREVENTION MONTH

IDEAS FOR ACTION

SEPTEMBER 2018

1. LEARN ABOUT EFFECTIVE SUICIDE PREVENTION



by watching and sharing a brief video overview of SPRC's Effective Suicide Prevention Model:

<http://www.sprc.org/micro-learning/effective-suicide-prevention>

2. SHARE STORIES



of hope, healing, and recovery, such as:

- A SPARK Talk on engaging suicide attempt survivors
<http://www.sprc.org/video/attempt-survivors>
- Perspectives on attempt survivors and other people with lived experience
<http://www.sprc.org/populations/attempt-survivors-and-people-lived-experience>
- *The Way Forward: Pathways to Hope, Recovery, and Wellness with Insights from Lived Experience*
<http://actionallianceforsuicideprevention.org/sites/actionallianceforsuicideprevention.org/files/The-Way-Forward-Final-2014-07-01.pdf>

3. EMPOWER EVERYONE

to help prevent suicide by promoting:



- Information and resources tailored to the multiple settings where people live, work, and receive care
<http://www.sprc.org/settings>
- Customized information sheets to help people in a variety of roles recognize and respond to those at risk for suicide
<http://www.sprc.org/resources-programs/customized-information-series>

4. SUPPORT

the National Action Alliance for Suicide Prevention's ([Action Alliance](#)) #BeThere campaign:



- Sign up for their Thunderclap to have a one-time message posted on your Facebook or Twitter page on September 10
<https://www.thunderclap.it/projects/70402-bethere-help-prevent-suicides>
- Use #BeThere on Twitter to educate the public about the many ways to take action to support a person who is struggling or in crisis
<https://twitter.com/search?q=%23BeThere&src=typd>
- Sign up to receive updates on the [#BeThere campaign](#)

5. JOIN

the National Suicide Prevention Lifeline's ([Lifeline](#)) #BeThe1To movement by learning the five steps that can save a life and sharing them with others: (1) ask, (2) keep them safe, (3) be there, (4) help them connect, and (5) follow up
<http://www.bethe1to.com/join/>



6. EXPLORE WAYS

to #BeThere for a veteran or service member—whether you have one minute, one hour, or more—with resources from the [Veterans Crisis Line](#)



<https://www.veteranscrisisline.net/BeThereSupport.aspx>

7. ENCOURAGE HELP-SEEKING

by spreading the word about these crisis services:



▪ **The National Suicide Prevention Lifeline provides free, confidential, 24/7 support by phone** [1-800-273-TALK (8255)] or online chat
<http://www.suicidepreventionlifeline.org>

▪ **Crisis Text Line provides free, confidential, 24/7 support by text** [text HOME to 741741 from anywhere in the U.S.]
<https://www.crisistextline.org/>

8. TAKE FIVE MINUTES



to complete five action items developed by the National Council for Suicide Prevention (NCSPP) for their Take 5 to Save Lives campaign: (1) learn the signs, (2) do your part, (3) practice self-care, (4) reach out, and (5) spread the word
<https://www.take5tosavelives.org/take-5-steps>

9. GET INVOLVED



in World Suicide Prevention Day on September 10 using information and ideas from the International Association for Suicide Prevention's (IASP) website
<https://iasp.info/wspd2018/>

10. PROMOTE



Suicide Prevention Awareness Month using materials from the National Alliance on Mental Illness (NAMI), such as crisis and information resources and social media content
<http://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month>

11. INFORM THE MEDIA



that they play an important role in suicide prevention by sharing the Recommendations for Reporting on Suicide with print, online, radio, and television media contacts
<http://reportingonsuicide.org/>

12. PARTICIPATE



in a National Suicide Prevention Week event hosted by the American Foundation for Suicide Prevention (AFSP)
<https://afsp.org/campaigns/national-suicide-prevention-week-2018/>

13. CREATE SAFE AND EFFECTIVE MESSAGES



for the public that promote hope, recovery, and resilience using the *Framework for Successful Messaging*
<http://suicidepreventionmessaging.org>

14. SHARE RESOURCES



that promote healing:

A Journey Toward Health & Hope Handbook for Recovery after a Suicide Attempt
<http://www.suicidology.org/Portals/14/docs/Resources/HandbookForRecoveryAfterAttemptSAMHSA.pdf>

Resources related to survivors of suicide loss
<http://www.sprc.org/populations/suicide-loss>
<http://www.suicidology.org/suicide-survivors/suicide-loss-survivors>
<https://afsp.org/find-support/ive-lost-someone/>



Suicide Prevention Resource Center

Suicide Prevention Resource Center
www.sprc.org | 877-GET-SPRC (877-438-7772)

Education Development Center
43 Foundry Avenue, Waltham, MA 02453

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Suicide Handout

www.ZeroAttempts.org



**WHEN IN CRISIS
CALL 800-273-8255 OR
TEXT "SOS" TO 741741**

We Believe

Suicide is not inevitable for anyone. By starting the conversation, providing support, and directing help to those who need it, we can prevent suicide attempts and suicides and save lives. See [suicide](#) and [teen suicide](#)

We Can All Take Action

Evidence shows that providing support services, talking about suicide, reducing access to means of self-harm, and following up with loved ones are just some of the actions we can all take to help others.

Crisis Centers are Critical

By offering immediate counseling to everyone that may need it, local crisis centers provide invaluable support at critical times and connect individuals to local services.

Know the Risk Factors

Risk factors are characteristics that make it more likely that someone will consider, attempt, or die by suicide. They can't cause or predict a suicide attempt, but they're important to be aware of. This includes mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders

- Alcohol and other substance use disorders
- Hopelessness
- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical illnesses
- Previous suicide attempt(s)
- Family history of suicide
- Job or financial loss
- Loss of relationship(s)
- Easy access to lethal means
- Local clusters of suicide
- Lack of social support and sense of isolation
- Stigma associated with asking for help
- Lack of healthcare, especially mental health and substance abuse treatment
- Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
- Exposure to others who have died by suicide (in real life or via the media and Internet)

Know the Warning Signs

Some warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change. If you or someone you know exhibits any of these, seek help by calling the National Suicide Prevention Lifeline 800-273-TALK (8255) or text the National Crisis Text Line. Text "SOS" at 741741 or [Other Emergency Contacts](#) any time 24/7.

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

How To Take Care Of Yourself

Ask for help: Don't be afraid to let your friends, family, or teachers know what you need: they want to help.

Make a safety plan: A safety plan can help guide you through difficult moments and keep you safe. Learn how to make your own. [Personal Template](#)

Remember that this feeling can be overcome: Family conflict, relationships, grades, sexual identity, and the loss of important people can seem impossible to deal with. But with support from others, you can.

Evaluate the relationships in your life: Love and friendship are all about respect. Toxic or unhealthy relationships can negatively affect you. Whether you're dating or building new friendships, remember your rights. If you're being bullied, help is also available.

How To Help

Take your loved one seriously: Some people feel that kids who say they are going to hurt or kill themselves are "just doing it for attention." But if your child, friend, or family member confides thoughts of suicide, believe them and get help.

Listen with empathy and provide support: A fight or breakup might not seem like a big deal, but for a young person it can feel immense. Sympathize and listen. Minimizing what your child or friend is going through can increase his or her sense of hopelessness. Know the [risk factors](#)

Learn the warning signs: Friends sometimes let friends know if they are thinking about suicide or dying. Other times, changes in behavior may show that someone is struggling. Know the [warning signs](#)

Don't keep suicide a secret: If your friend is considering suicide, don't promise to keep it a secret. Tell him or her you can help, but you need to involve other people, like a trusted adult. Neither of you have to face this alone.

Related topics: [Suicide](#), [Teen-Suicide](#), [Suicide 10-14 Year-Olds](#), [Suicide Internationally](#), [Contagion/Clustering](#), [Semicolon Campaign](#), [Emergency Contacts](#), [741741 Crisis Text Line](#), [Stigma](#), [Secrets No More](#), [Mental Illness](#), [Guns](#), ["13 Reasons Why"](#), [How to talk with your kids about suicide](#), [Crisis Trends](#), [Teen Depression](#), [Need to Talk?](#) ➔
[Online Depression Screening Test](#) ➔