

## Suicide Awareness Month

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For Immediate Press Release

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Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

Suicide takes life without regard to age, income, education, social standing, race, or gender. Overall, suicide is the 10th leading cause of death for all Americans, the 2nd leading cause of death for adults ages 25-34, and the 3rd leading cause of death for youth ages 15-24.

Each year, nearly 45,000 individuals die by suicide in the U.S., leaving behind their friends and family members to navigate the tragedy of loss. In many cases, friends and families affected by a suicide loss (often called "suicide loss survivors") are left in the dark. Too often the feelings of shame and stigma prevent them from talking openly.

Here in Lane County, the suicide rate is over 50 % greater than the U.S. national average. Roughly 80 people die by suicide in the county each year. Over 75% of these deaths occur among men and one out of four deaths by suicide is a veteran.

September is Suicide Awareness Month. Our hope is that by sharing information regarding suicide with our community we will be providing a resource to many that are in need. This is an opportunity to come together with collective passion and strength around a difficult topic. The truth is, we can all benefit from honest conversations about mental health conditions and suicide, because just one conversation can save a life.

Key Pieces of Prevention:

- [Risk Factors](#)
- [Protective Factors](#)
- [40 Developmental Assets](#)
- [Best Practices](#)

### Effective prevention tips:

- [Make a plan to prevent suicide](#)
- [Find a suicide prevention program](#)
- [Measure your program's success](#)
- [Improve suicide care for your patients](#)
- [Take action after a suicide](#)

### Crisis Resources for your loved-one and/or if you are experiencing a crisis:

- National Suicide Hotline at **1-800-273 TALK (8255)** (Military Vets press 1, Spanish speakers press 2)
- Crisis Text Line provides free, confidential, 24/7 support by text: text HOME to 741741 from anywhere in the U.S.
- Trevor Project LGBTIA+ Youth 1-866-4-U-Trevor
- White Bird Crisis Line 541-687-4000

### Other Resources:

- NAMI National Alliance on Mental Illness [www.nami.org](http://www.nami.org)
- Suicide Prevention <http://www.sprc.org>
- Suicide Prevention <http://www.suicidepreventionlifeline.org>
- National Council for Suicide Prevention [www.thencsp.org](http://www.thencsp.org)
- Alliance for Suicide Prevention [www.actionallianceforsuicideprevention.org](http://www.actionallianceforsuicideprevention.org)
- For Survivors of Suicide [www.lifelineforattemptsurvivors.org](http://www.lifelineforattemptsurvivors.org)
- Lane County Suicide Prevention [www.preventionlane.org](http://www.preventionlane.org)

### Get Involved!

- Join your local non-profits in education and advocacy  
[www.namilane.org](http://www.namilane.org)  
[www.ofsn.org](http://www.ofsn.org)