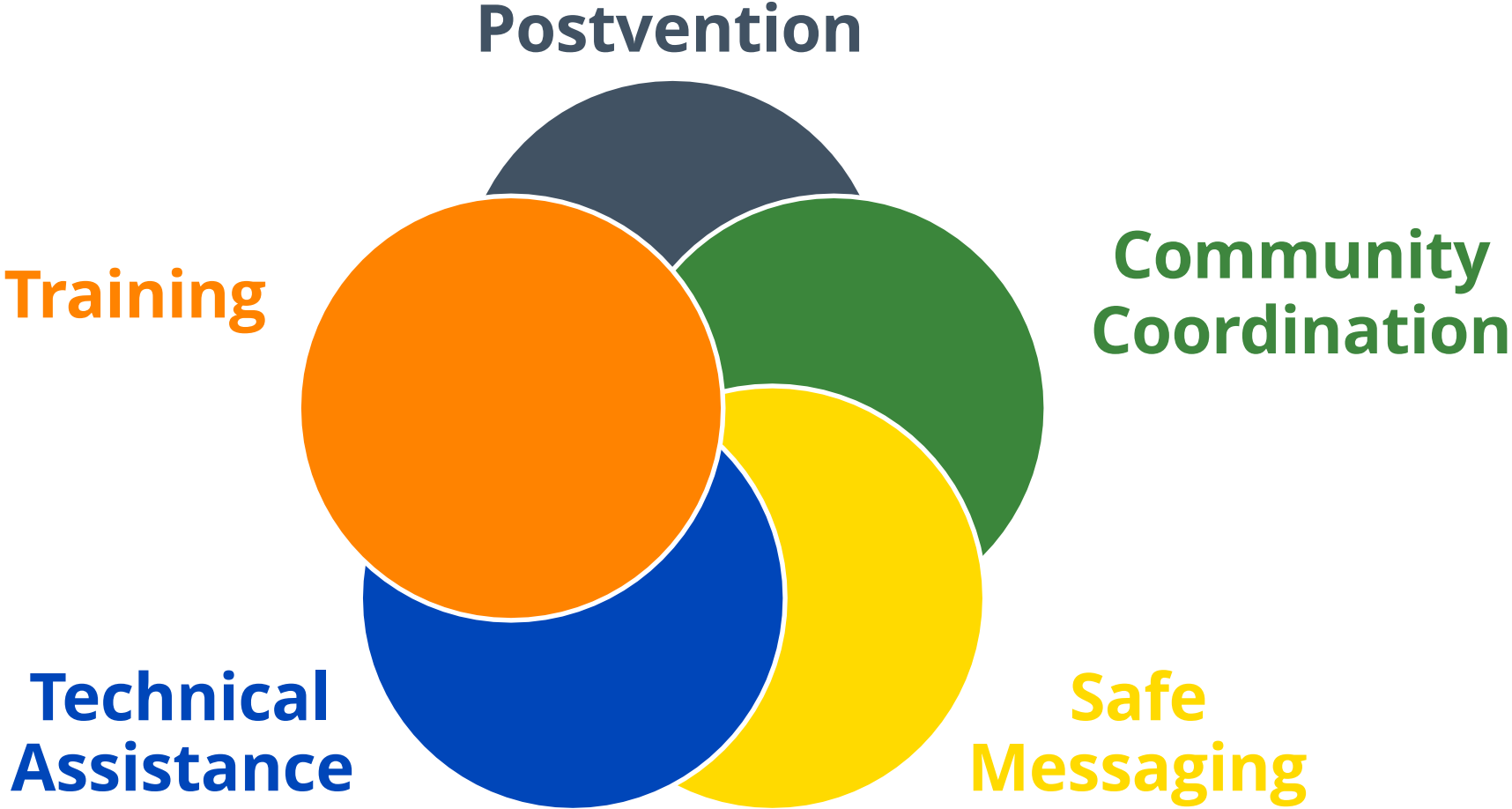


# National Suicide Prevention Awareness Month 2022



Deschutes County Suicide Prevention Program

# Suicide Prevention Program Overview



# Data and Resources

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# Deschutes County

Historically, in Deschutes County, roughly one person dies by suicide each week.

KNOW  
YOUR  
**RESOURCES!**

CALL  
DESCHUTES COUNTY  
24- HOUR CRISIS LINE  
**541-322-7500 EXT #9**

The logo for Deschutes County, featuring a stylized mountain range, a sun, and a river, with the text "DESCHUTES COUNTY" around the perimeter.

# Youth And Young Adults

- We also know, historically in Deschutes County, a rate of roughly four adolescents die by suicide per year.
- In 2020, Deschutes County is ranked seventh highest county, alongside Marion County, in Oregon, for youth suicide deaths, ages 25 and under.



# Statewide



- Suicide is the second leading cause of death for youth (ages 10-24) in Oregon.
- Oregon is one of 7 states that saw a statistically significant decrease in suicide rates in 2020.



# Overview

- Suicide is a complex public health issue.
- We must remain vigilant.
- One death by suicide is too many.

KNOW  
YOUR  
**RESOURCES!**

WALK IN  
DESCHUTES COUNTY  
STABILIZATION CENTER  
63311 JAMISON STREET  
BEND, OR 97701



# National Suicide Prevention Awareness Month Events

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# BUILD RESILIENCY THRU MINDFULNESS

Join Lisa Brown, a mindfulness and resiliency instructor, for a family friendly community event that focuses on building and supporting health through learning and practicing new skills. Build Resiliency Thru Mindfulness is a FREE hour long class that is open to all ages.

## Event Details

### DATE:

Wednesday September 7, 2022

### TIME:

6:00 pm- 7:00 pm

### LOCATION:

Downtown Deschutes Public Library  
Brooks Room  
601 NW Wall St, Bend, OR 97703

### COST:

FREE

### Registration:

<https://forms.gle/iYzU52qsEcASbrAo7>



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



# Build Resiliency Thru Mindfulness



# Candlelight Vigil

## Vigilia con Velas Encendidas



Semana Nacional de Prevención del Suicidio Septiembre 4 - 10, 2022

JUEVES, SEPTIEMBRE 8, 2022  
7:00-8:00PM

CÉSPED DELANTERO DEL  
CENTRO EDUCATIVO DE LA  
ESCUELA BEND-LA PINE:  
**520 NW WALL STREET BEND**

CEREMONIA DE ENCENDIDO  
DE VELAS PARA QUIENES  
HAYAN PERDIDO A UN SER  
QUERIDO POR SUICIDIO.  
ABIERTO AL PÚBLICO.

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

\*Tenga en cuenta que este evento se cancelará si el AQI es superior a 100 en el momento del evento.



Para solicitar estos materiales en un formato alternativo, por favor llame al (541) 322-5734, o envíe un correo electrónico a [bethany.kuschel@deschutes.org](mailto:bethany.kuschel@deschutes.org).

## Candlelight Vigil



National Suicide Prevention Week | September 4-10, 2022

THURSDAY, SEPTEMBER 8TH, 2022  
7:00-8:00PM

BEND LA-PINE SCHOOL  
EDUCATION CENTER FRONT  
LAWN:  
**520 NW WALL STREET BEND**

A CANDLE LIGHTING  
CEREMONY FOR ANYONE WHO  
HAS LOST A LOVED ONE TO  
SUICIDE. OPEN TO THE PUBLIC.

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

\*Please note this event will be cancelled if AQI is above 100 at time of event.



To request these materials in an alternative format, please call (541) 322-5734, or send email to [bethany.kuschel@deschutes.org](mailto:bethany.kuschel@deschutes.org).



# ASFP Out Of Darkness Walk

## Walk to Fight Suicide

For more details and to register visit:

[afsp.org/Central Oregon](https://afsp.org/CentralOregon)



## CENTRAL OREGON OUT OF DARKNESS WALK

American Foundation for Suicide Prevention hosts it's annual Out of Darkness Walk. This walk is open to the community to support the fight to #stopsuicide.

### EVENT DETAILS:

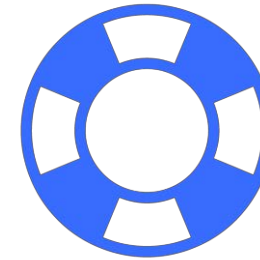
Saturday September 10  
Event starts at 11:00 am

### LOCATION:

Alpenglow Park  
61049 SE 15th St  
Bend, Oregon



National Suicide Prevention Week | September 4-10, 2022



**American  
Foundation  
for Suicide  
Prevention**



**CENTRAL OREGON  
SUICIDE  
PREVENTION  
ALLIANCE**



# Question, Persuade, Refer

September is National Suicide Prevention Awareness Month



CENTRAL OREGON  
SUICIDE  
PREVENTION  
ALLIANCE

## EVENT DETAILS

SEPTEMBER

19

5:30 pm

*Doors will close at 5:45pm*

QPR is a 1.5 hour evidence based introduction to suicide prevention training. This free training teaches the framework for participants to be able to recognize warning signs, ask directly about suicide, persuade someone to access resources and then refer them on to the appropriate resources. This training is open for participants aged 18+.

[Register Here](https://forms.gle/isHur8Mk8nyLiS9y9)

<https://forms.gle/isHur8Mk8nyLiS9y9>  
Registration is recommended but not required.

To request this information in an alternate format, please call 541-322-7534 or email [bethany.kuschel@deschutes.org](mailto:bethany.kuschel@deschutes.org).



## LOCATION

Downtown Public Library  
Brooks Room  
507 NW Wall St, Bend, OR  
97703

# Community QPR



CENTRAL OREGON  
SUICIDE  
PREVENTION  
ALLIANCE



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# Gratitude and Recognition



# Thank You!

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**For your willingness to highlight this important health matter in our community, we thank you!**

**Jessica Jacks, MPH, CPS**

*Prevention and Health  
Promotion Program Manger*

jessica.jacks@deschutes.org  
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*Mental Health Promotion  
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541-668-0760

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Coordinator*

bethany.kuschel@deschutes.org  
541-322-7534

