

# The Basics About Suicide

Myths. Truths. Facts.



**PRESENTED BY:**



# Trigger Warning



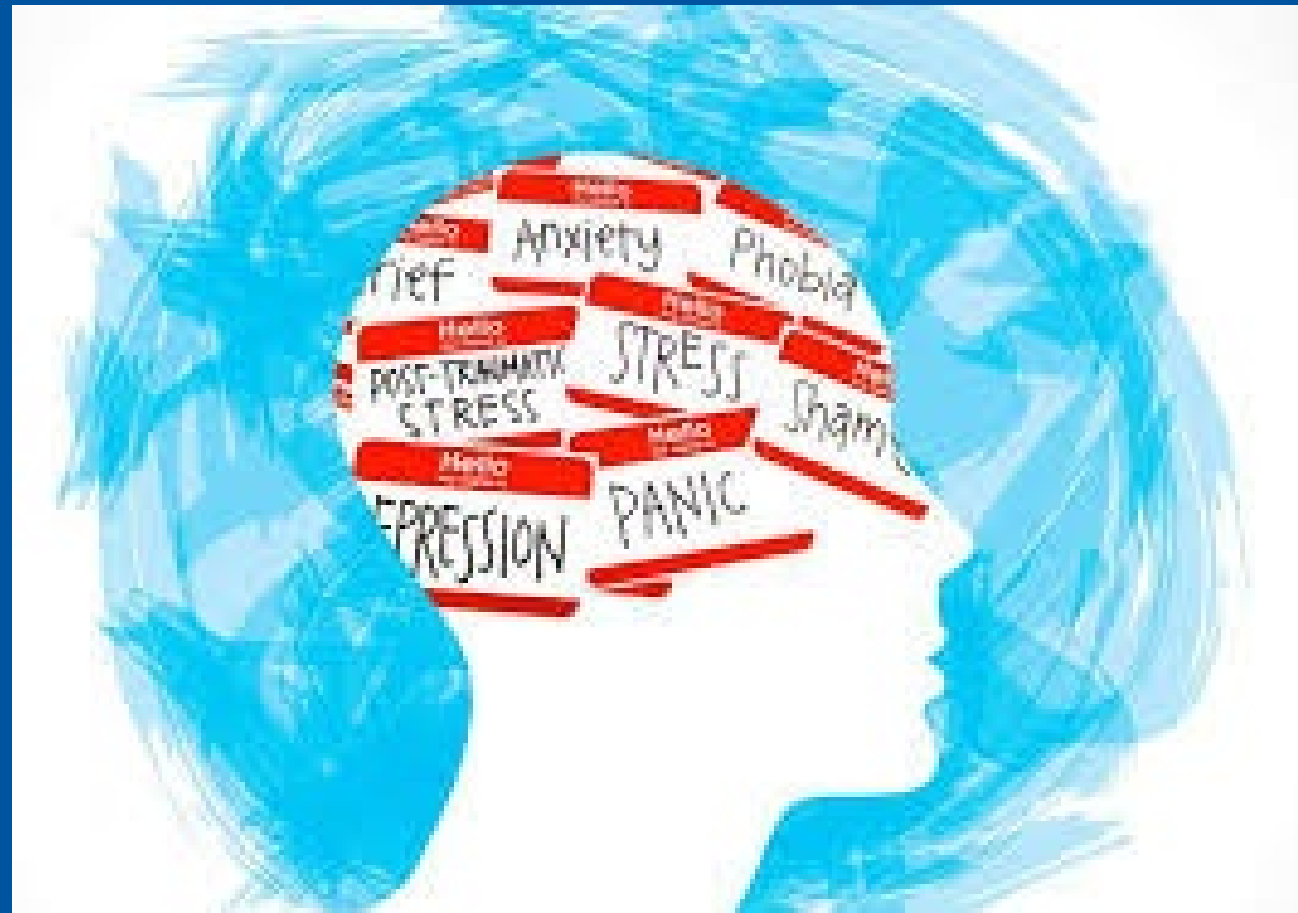
CAUTION

This presentation contains information about suicide & self harming behaviors. Please take care of yourself.



# SUICIDE STATS, FACTS, & MYTHS

# Mental Health Conditions Are Common



**1 in 5** people lives with a mental health condition. (1 in 25 lives with a serious mental illness.)

**ANXIETY**

**DEPRESSION**

**BIPOLAR DISORDER**

**PTSD**

**SCHIZOPHRENIA**

Most common  
diagnosis:

Anxiety

Depression

ADHD

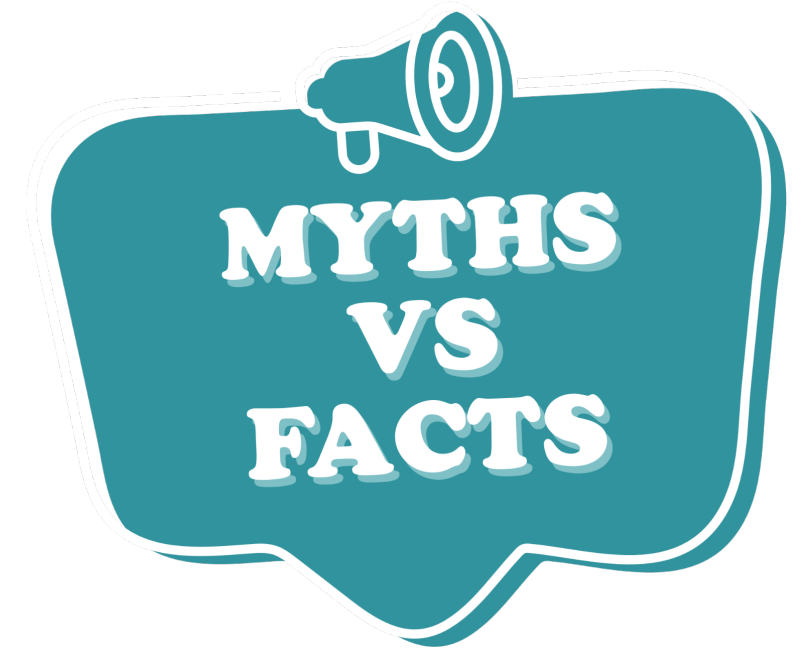


# Myth:

“Children don’t experience  
mental health problems.”

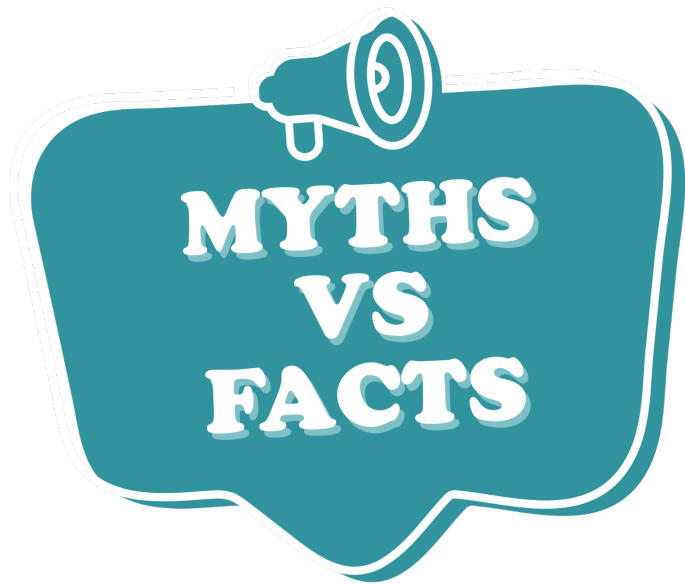
# Fact:

1 in 6 children ages 2 -8 years  
old has a mental, behavioral,  
or developmental disorder.



# Myth:

“People with mental health problems are violent & unpredictable!”



# Fact:

"Mental illness is not a barometer for dangerousness and it is not a correlation for mass attacks." - National Threat Assessment Center

What actually makes people violent:

Financial stressors - 72%

Unstable housing - 39%

Childhood trauma - 20%

## Every year in the U.S...

More than **12 million** had serious thoughts of suicide

**13.7 deaths per 100,000 Population per year** - ↓

**2nd** leading cause of death in 15-34 year olds - ↓

One suicide death occurs every **11 minutes** ↓

## Here in Clackamas County...

**20.0 deaths per 100,000 Population** ↑

**12th** leading cause of death overall

# Eye Openers about Suicide





What's the **AVERAGE**  
number of people  
affected by a suicide?



140+



HOW CAN YOU HELP?

# Dangerous Suicide Myths we need to **stop** propagating:



- Most suicides are caused by one particular trigger event.
- Most suicides occur with little or no warning.
- It is best to avoid the topic of suicide.
- People who talk about suicide don't do it.
- A suicidal person clearly wants to die.



# Ambivalence

“I instantly realized that everything in my life that I’d thought was unfixable was totally fixable—except for what I’d just done [jumped].”

- Ken Baldwin

# Spotting the Signs

## BEHAVIOR

- **Agitation**
- **Aggressive behavior**
- **Erratic behavior**
- **Manic behavior**
- **Extreme confusion**
- **Withdrawn**
- **Visibly depressed**
- **Suicidal ideation**
- **Others?**



# How do I know it's time to intervene?

**F**requency – does this behavior occur more often than usual?

**I**ntensity – is this behavior more intense than I have experienced/witnessed before?

**D**uration – does this behavior last longer than it has in the past?

# How do I Intervene?

**Calmly approach – R U OK?**

**Encourage & Reassure. Protect Yourself.**

**Actively listen, without judgement.**

**Listen with empathy. You are NOT there to fix it.**

**Recommend help . Call 988 first.**

**988 – OR – 503-655-8585. Know your local resources.**

**Encourage . Partner. Support.**

**Offer options for support. Hand off to a trusted resource.**



# General Guidelines

- **Stay with the person:** If it is safe for you to do so, do not leave them alone while they are at risk. Your safety is paramount.
- **CALL 988:** If the situation is not immediately life-threatening but requires some sort of intervention, call and ask for guidance and assistance. Operators can often dispatch a mobile crisis team for on-site evaluations or direct the call to law enforcement if appropriate.
- **Assess for immediate danger:** If they are imminently threatening harm to themselves or others, or are severely disoriented, let the 988 operator know or call **911**.
  - Inform the operator it is a **psychiatric emergency** .
  - Specifically request officers with **Crisis Intervention Team (CIT)** training.

- Easier Lifeline Access
- Help Not Handcuffs
- Area Code Specific
- OPEN TO ANYONE!



# Local Clackamas Resources

**Urgent Mental Health Drop-in Clinic**  
11211 SE 82nd Ave., Suite O Happy Valley  
503-655-8585 – Text 741741

**Non-emergency Line: 503-742-5335**

**Veteran Crisis Line: 800-273-8255 and press 1 or text: 838255 or**  
**<https://www.veteranscrisisline.net/>**

**OR Youth Line - 877-968-8491 or text 839863**

**Senior Loneliness Line: 800-282-7035**

**Clackamas County Behavioral Health Unit**  
**Crisis Response Team**  
503-655-8585 | (503) 922-2377  
**<https://youtu.be/nLX3EorOUSI>**



County Crisis and Support Line



Crisis Text Line



988 Suicide & Crisis Lifeline



Oregon YouthLine



Senior Loneliness Line



The Trevor Project (LGBTQ youth)



Trans Lifeline's Peer Support Hotline



Veterans Crisis Line



What's the **AVERAGE**  
time between someone  
suspecting they have a  
mental health condition  
and seeking treatment  
for it?



**\*\* 11 YEARS\*\***



## Change the conversation

- talk about it
- ask the question

## Change the language

- language matters

## Change the perception

- sharing stories changes lives
- recovery is likely

## Change the Outcome

- Stop the Stigma
- Seek the Help

# What's a NAMI?

**Education classes for individuals and families**

**Peer Support Groups for individuals and families**

**Peer Support Specialists for individuals and families**

**Mental Health classes for Adults in Custody**

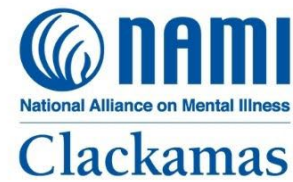
**Peer Support Groups for Adults in Custody**

**Mental Health and Intervention Training**

**Ending the Silence for Youth**



# Two Fall 2026 Classes



## Peer-to-Peer IN-PERSON



### LEARN TO LIVE WELL WITH MENTAL WELLNESS

Fridays, Sept. 11th - Oct. 30th 6:00 - 8:00 PM  
in OREGON CITY\*

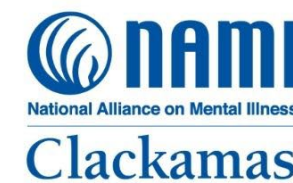
Register at: <https://tinyurl.com/NAMIClasses>

NAMI Peer-to-Peer is a FREE 8-week course taught by trained peer mentors with lived experience.

This class offers people with mental illness tools for establishing and maintaining their wellness and recovery; a "relapse prevention plan"; mindfulness exercises, skills to become active participants in their treatment plans; and tools for strengthening interpersonal relationships.

\* Exact location provided when registration is confirmed.

@NAMICLACKAMAS



## Family-to-Family ONLINE



### CARE ABOUT SOMEONE WITH MENTAL HEALTH CHALLENGES?

Saturdays 9:00am - 11:30am

September 12, 2026 - October 31, 2026

ONLINE

Registration at: <https://tinyurl.com/NAMIClasses>

**YOU ARE NOT ALONE!** NAMI Family-to-Family is a FREE 8-week course taught by trained family members who have been (and still are) right where you are.

Learn about mental illness, problem solving, communication, self-care, handling a crisis, available resources, and how others cope.



@NAMICLACKAMAS



NAMI-CLACKAMAS

WWW.NAMICC.ORG

NAMI

CLACKAMAS:

BARRIER-  
FREE



N

DIAGNOSIS

REFERRAL

INSURANCE

O

COST

# CELEBRATE WITH US



SPONSORSHIPS | TABLES | TICKETS  
[HTTPS://PWAP2026.AUCTRIA.EVENTS](https://pwap2026.auctria.events)  
503-344-5050 / GARY@NAMICC.ORG



**Online auction** from 9/10 through 9/20 featuring

# 100+

## Gift cards & Certificates

**Live auction** on 9/17 featuring 10 unique  
Staycation locations

- Lincoln City
- Depoe Bay
- Manzanita
- Newport
- Wacoma Beach
- Los Barriles
- Mt Hood
- Bend
- The Gorge
- Collins Lake

Plus a Photo Safari to South Africa  
and more!

And a **silent auction** with dozens of  
awesome baskets from local  
merchants!

# Theater Night

Stumptown Stages – Portland Center for the Arts

*Tickets on sale  
soon!*



*Tickets on sale  
soon!*

**Saturday November 28<sup>th</sup>  
2pm Matinee**

**ALL TICKET REVENUE GOES  
TO NAMI CLACKAMAS!**



# OUR VOLUNTEERS ARE AMAZING!

- Teach
- Facilitate
- Serve
- One-time, short-term, or long-term

To volunteer, contact  
[volunteercoor@namicc.org](mailto:volunteercoor@namicc.org)



# Questions?

