

# WASHINGTON COUNTY, OREGON



Public Health  
Prevent. Promote. Protect.

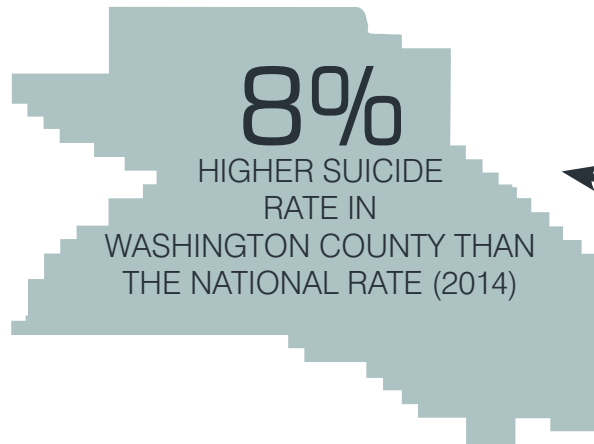
## Suicide Statistics



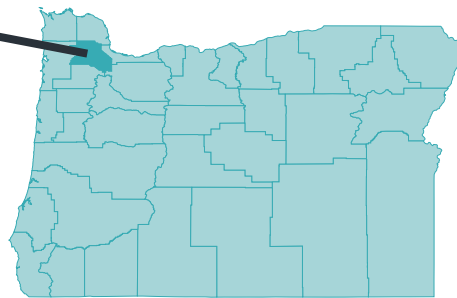
1 death every  
5 days<sup>+</sup>



3 male deaths for  
each female death<sup>+</sup>



77 PEOPLE DIED BY  
SUICIDE IN 2014



SUICIDES  
IN OREGON  
IN 2014:  
782

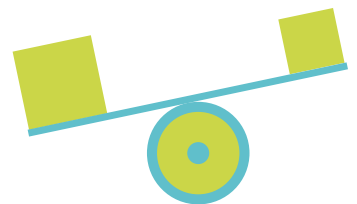


49% OF  
SUICIDES USE A FIREARM

People 45-64 years old  
have the highest suicide rate<sup>+</sup>

8th  
LEADING CAUSE  
OF DEATH IN 2014

91% of suicides are non-Hispanic  
whites, but only 69% of the  
community is non-Hispanic white<sup>§</sup>



17%  
OF 11th GRADERS SERIOUSLY  
CONSIDERED ATTEMPTING SUICIDE<sup>~</sup>



8%  
OF 8th GRADERS ATTEMPTED SUICIDE<sup>~</sup>

Each suicide death impacts 147 people,  
causing a major life disruption for 18<sup>^</sup>

Data sources: <sup>+</sup>CDC Wonder: 2010-2014, <sup>§</sup>Oregon Public Health Assessment Tool: 2009-2013, <sup>~</sup>Oregon Healthy Teens Survey: 2015, <sup>^</sup>American Association of Suicidology: December 22, 2015. Suicide statistics and information sheet released September 2016. For data questions please contact RAID@co.washington.or.us

Suicide prevention is everybody's business.  
Refer to the next page for resources and how you can get involved!

# WASHINGTON COUNTY, OREGON

## Suicide Prevention Information



Public Health  
Prevent. Promote. Protect.

### Help Prevent Suicide

- Talking about suicide responsibly does not increase risk for suicide.
- People who are thinking about suicide don't want to die; they want to be out of pain.
- There are almost always warning signs that someone is thinking about suicide.
- Many suicide attempts occur with little planning during a short-term crisis. Removing or limiting access to firearms, prescription medications, drugs and alcohol from the home can mean the difference between life and death.



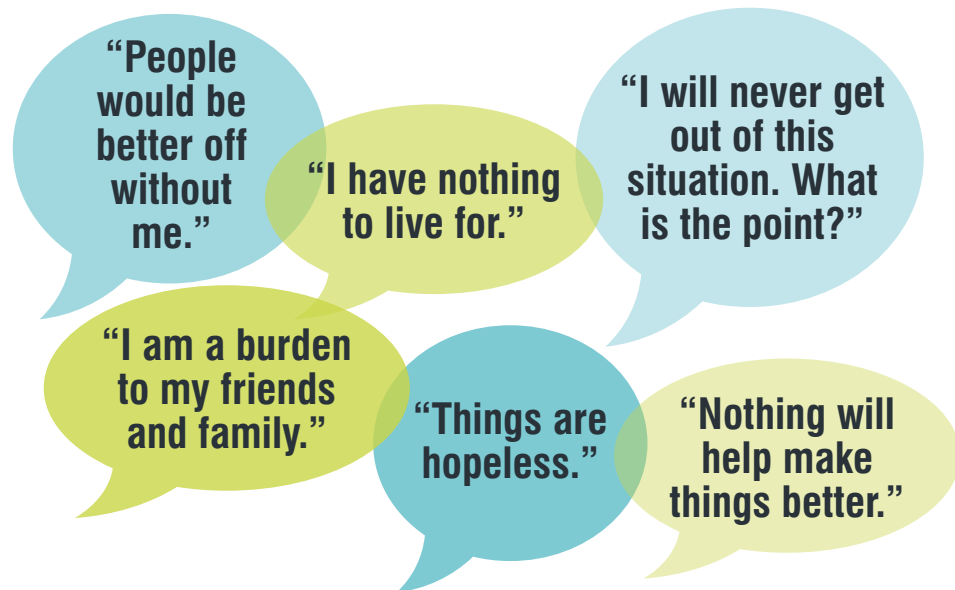
### How You Can Help!

- Show you care: "I'm concerned about you."
  - Listen – without judgment or giving advice.
  - Take all talk of suicide seriously.
  - Stay calm and stay with the person.
- Ask directly, "Are you thinking about suicide?"
  - If the person says "yes," do not leave them alone. Make a plan for safety.
    - Call the Washington County Crisis Line at 503-291-9111.
    - Call the National Suicide Prevention Hotline at 1-800-273-8255.

### What To Look For

Talking, writing, posting about death, dying or suicide

Previous Suicide Attempts  
(survivor of suicide loss/attempt)



### Get Involved



- Go to [www.GetTrainedtoHelp.com](http://www.GetTrainedtoHelp.com) to learn about and register for free suicide prevention and mental health classes in the tri-county area. You will learn how to notice early warning signs, how to respond, and how to connect a person to resources and support that can help.
- Visit [www.co.washington.or.us/hope](http://www.co.washington.or.us/hope) to find out more about what Washington County is doing to prevent suicide and how you can get involved.
- Contact Meghan Crane, Washington County suicide prevention coordinator, for more information on suicide prevention at [meghan\\_crane@co.washington.or.us](mailto:meghan_crane@co.washington.or.us) or 503-846-4748.

**GETTRAINED  
TOHELP.COM**

*Mental health matters for all.*