

Oregon Communities Promote Hope, Help, and Healing Across State

No rise in suicide deaths, but activities continue promoting interventions

September was Suicide Prevention Awareness Month, but the work around Oregon to prevent suicide continues, even as the state has not seen an increase in suicide rates during 2020 and 2021.

During September, multiple Regional Suicide Prevention Coalitions around the state worked with the Oregon Alliance to Prevent Suicide to launch the “Signs of Hope” campaign to raise awareness of suicide, and promote hope and connectedness. The effort was highly successful, with 15 campaigns held around the state in Clackamas, Crook, Curry, Hood River, Jackson, Klamath,

Lane, Linn, Malheur, Marion, Polk, Sherman, Union, and Wasco counties.

“While the practical and mental health challenges brought on by COVID-19 and the Oregon wildfires are like none in our lifetime, everyday Oregonians and state and local organizations have stepped in to support one another and make it safe to ask for help,” says Annette Marcus of the Alliance. “The Signs of Hope campaign helps people to remember that it is normal to struggle, that they are part of a caring community.”

The state continues to focus on improving and expanding suicide prevention efforts. Youth suicide efforts continue to expand under the state’s Youth Suicide Intervention and Pre-

vention Plan. Oregon Health Authority (OHA) is currently developing an Adult Suicide Intervention and Prevention Plan to identify action steps that can be taken to reduce suicide among Oregonians 25 and older.

Oregonians are encouraged to join in efforts to prevent suicide. Creating a suicide-safe Oregon is everyone’s work. Here is how you can get involved:

Individual level:

- Be a trusted adult. Research shows that even one caring adult in a youth’s life is protective against suicide.
- Get trained to recognize signs of suicide. Free Question, Persuade, Refer (QPR) trainings are offered statewide. QPR is a suicide prevention curriculum that teaches individuals how to recognize someone at risk, intervene with confidence, and refer them to the help they need. Encourage your workplace and your friends to get trained with you.

Community level:

- Connect with your Local Suicide Prevention Coalition

Statewide level:

- Join the Alliance to Prevent Suicide’s work.

- Join American Foundation for Suicide Prevention Oregon Chapter.

If you or someone you know is experiencing a mental health crisis, please know that help is available:

- Call the National Suicide Prevention Lifeline 24/7 run by Lines For Life at 800-273-8255 or text “273TALK” to 839863 (text services available Monday-Friday, 2-6 pm Pacific Time). The Veterans Crisis Lines can be reached by calling the above number and pressing “1.” En español: 1-888-628-9454. TTY: Dial 711 then 1-800-273-8255.

- Text the Crisis Text Line. Text OREGON to 741741 24/7.
- YouthLine is a teen-to-teen crisis and help line. Teens are available to help daily from 4-10 pm Pacific Time (off-hour calls answered by Lines for Life). Call 877-968-8491, text “teen2teen” to 839863 or chat via the website.

- OHA’s website lists Crisis Services by Oregon county

- The Safe + Strong website and helpline operate 24/7 (1-800-923-4357).

ROAD WORK NOTICE

Scappoose-Vernonia Road at approximately MP 16 near Bonnie Falls

Columbia County Road Maintenance crews will be working on Scappoose-Vernonia Road at approximately MP 16 near Bonnie Falls starting on October 11 and continuing through October 15 depending on weather.

Crews will be digging out a portion of the roadway to temporarily address a severe bump at this location, and will be hauling spoils to a County-owned site on Sierks Road.

Crews will be keeping one lane open during the work, but drivers should expect delays at the worksite due to construction traffic and activi-

ties. The work zone will be controlled by flaggers during the work. Please be aware of the flaggers and follow their direction.

The construction schedule has crews starting work early at around 5:00 am and working until at least 5:00 pm each day.

Future work will include profiling the roadway to reestablish the grade and superelevation at this location. It is anticipated that this will occur soon after the dig out is complete.

If you have questions or need more information, please contact the Columbia County Public Works Office at: 503-397-5090 or by email at public-works@columbiacountyor.gov .

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