

Health Department



Legacy of Strong Women

Women's Gathering

Facilitated by
Rebecca Martel

Survival to Triumph

October 7-10
Location to be determined



*Please contact
Jen Metcalf to register
541-444-9615*

September is National Suicide Prevention Awareness Month

During the month of September, our goal is to highlight suicide prevention efforts by advocating for prevention strategies and networking to share resources and information.

The rate of suicide has increased more than 30 percent in half of the states across the United States since 1999, with approximately 45,000 lives lost to suicide in 2016 alone. Research has shown that more than half of people who die by suicide did not have a known mental health condition. The rate of suicide for American Indian/Alaska Native adolescents and young adults ages 15 to 34 is 1.3 times the national average. Suicide is the 8th leading cause of death across all ages among all American Indian/Alaska Native.

It is important for Native people to learn how to recognize and respond to suicide. Talking about suicide in an open and caring manner can help those who are thinking of suicide obtain services. Learn how to recognize and respond to suicide by paying attention to **warning signs of suicide**. If you notice any warning signs, starting a conversation with the person may save their life.

Warning Signs:

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

