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### New signs on St. Johns Bridge

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By Barbara Quinn

wind of the bay rushed at him as he dropped at about 75 mph—he knew an immediate truth: He did not want to die. “I wonder,” he said “how many others (from) that fall felt the same way?” And there are similar stories from other survivors.

Kevin is now in treatment for bipolar disorder. He takes his medication, works out regularly and makes sure to follow a disciplined schedule of rest. He often thinks of the hundreds of others who took the same jump, and he wonders if they also begged God for life during the four-second drop. He feels an obligation to be their voice, their representative, and to share the desperate realization he guesses that they may have felt on the long drop.

Hines says beyond whatever storm causes people to consid-

er taking their own lives, there is something brighter, more precious, a will to live stronger than any hope to die. He is here to say it. As one of the few who return, Hines often speaks publicly. His survival is considered a miracle, but the real miracle he said, is when he can help someone else, who might be standing at the edge. (Sean Kirst, *Kevin Hines in Fulton: A survivor shares his 4-second epiphany on suicide, and the will to live*, [www.syracuse.com/kirst/index.ssf/2013/09/post\\_539.html](http://www.syracuse.com/kirst/index.ssf/2013/09/post_539.html))

As a result of the tragic death of Lisa Wright and in response to an inquiry for this article, the Oregon Department of Transportation agreed that signs will be placed on the St. Johns Bridge offering an emergency number for people experiencing crisis. It is a beginning

at least, for our community to face the problem on the bridge. More intervention is needed and has been proven to help. In fact, according to a review of research by the Harvard School of Public Health, of those who attempt suicide only 7% will go on to die by self-inflicted means” (Christin McCurdy, *The View from Vista Bridge*, <http://narrative.ly/stories/the-view-from-vista-bridge>).

Help is available for community members struggling with a mental health crisis and/or suicidal thoughts. Suicide is preventable. The Multnomah County Mental Health Call Center is available 24 hours a day at 503-988-4888.

If you or someone you know needs help with suicidal thoughts or is otherwise in an immediate mental health crisis, visit Cascadia or call 503-963-2575. Cascadia Behavioral Healthcare has an urgent walk-in clinic, open from 7:00 a.m. to 10:30 p.m., 7 days a week. Payment is not necessary.

Lines for Life is also available 24 hours a day at 1-800-273-TALK (8255).

**Last time we checked, shopping meant more than one option.**

We've been offering St Johns consumers local choices of companies, coverages, and prices for 16 years. We're the more-than-one insurance company option you should call before paying your next bill!



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### UP holds Earthquake

When: Saturday, October 17 – 10- 5

Where: Univ. of Port Chiles Center

The Info Fair at the University of Portland will provide helpful information and resources to be ready for the next Cascadia earthquake. They will include the following:

1. Communications Plan – familiar communications outlets may be down for a while after a major earthquake, so having alternative methods for communicating with loved ones is important. Info Fair

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**BECAUSE HUNGER IS A VERY SCARY THING!**

What: Door-to-Door Food Drive

When: Friday, October 30, 2015  
Noon-2pm

Leave canned goods on your porch, and RHS Theatre Students will come and pick it up.  
All donations will be given to  
The Oregon Food Bank!