



Oregon

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TO: Nursing Facilities,

Community Based Care:

Assisted Living, Residential Care, Memory Care Facilities

FR: Safety, Oversight, and Quality

RE: Suicide Awareness and Prevention

Suicide touches the lives of over 41,000 Americans each year with older adults, age 65 and over, having a higher suicide rate than the national average. Older men especially, have a higher rate of suicide. In fact, older adults who attempt suicide are more likely to use lethal means and die from suicide than younger people who attempt suicide.

Here are some things facilities and care providers can do to help lower the risks:

Watch for the signs and be proactive:

- Increase suicide prevention and awareness; Provide relevant information and training to all staff in your facility.
- Observe residents' behavior and get the appropriate help when it is suspected that a resident may be at risk of self-harming.
- Foster the emotional well-being of all the residents by creating an environment that promotes open communication, mutual

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respect, community engagement and a true sense of belonging with social connectedness.

- **Share resource information: The National Suicide Prevention Lifeline** is a 24-hour toll-free phone line for people in suicidal crisis or emotional distress. The phone number is 1-800-273-TALK (8255).

For general information about the DHS Office of Safety, Oversight and Quality, visit the DHS Web site at www.oregon.gov/DHS/. If you have questions about this alert, please contact either the Nursing Facility Licensing Unit at NFLicensing@dhsosha.state.or.us or the Community Based Care Unit CBC.Team@dhsosha.state.or.us.