



Suicide prevention – what you can do

During the COVID-19 pandemic people are helping themselves and others get through their darkest moments.

The National Action Alliance for Suicide Prevention and the National Suicide Prevention Lifeline know it is possible to reduce deaths from suicide just as we have reduced heart disease fatalities and other leading causes of death.



There is hope! There are things we can all do to prevent more suicides every day.

Ask

Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way. Acknowledging and talking about suicide may reduce rather than increase suicidal thoughts.

Keep Them Safe

Studies have indicated that when lethal means are made less available or less deadly, suicide rates by that method decline, and frequently suicide rates overall decline.

Be There

People are more likely to feel less depressed, less suicidal, less overwhelmed and more hopeful after speaking to someone who listens without judgment.

Help Them Stay Connected

Helping someone at risk creates a network of resources and individuals for support and safety can help people take positive action and reduce feelings of hopelessness.

Follow Up

Brief, low cost intervention and supportive, ongoing contact may be an important part of suicide prevention, especially for people after they have been discharged from hospitals or care services.

Learn More: Get message kits, resources, events and more: [Go to BeThe1To.com.](https://www.bethe1to.com)

Learn more: [What is Suicidology?](#)

If you have questions, please contact: [Trauma Aware ODHS.](#)

If you are in crisis, call...

- Call 1-800-273-TALK (8255)
- En español: 1-888-628-9454
- TTY: 1-800-799-4TTY (4889)
- [Oregon County Crisis Hotlines](#)
- [National Crisis Hotlines](#)
- [Veterans Crisis Line](#)