



Suicide Prevention – 5 action steps you can take

More people in the world die from suicide than by war and homicide combined. The National Council for Suicide Prevention has launched the [Take 5 to Save Lives](#) campaign. Take 5 encourages everyone to take 5 minutes out of our day and complete 5 action steps to help prevent suicides.

[Learn the signs](#) Take a few moments to learn the warning signs of suicide

[Know How to Help](#) Know what to say and do if someone is struggling.

[Practice Self-Care](#) Make mental wellness a priority in your life.

[Reach Out](#) Help is available and recovery is possible.

[Spread the Word](#) Tell at least five people about Take Five.

The American Association of Suicidology believes we need focus on suicide prevention every day, of every year. Learn more: [What is Suicidology?](#)

For more information: [Suicide Prevention Awareness on the OWL](#).

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

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](#)

