

Suicide is Preventable

Also available \$

Free consultation
and mini-grants
for schools

☎ 503.575.3759

schoolsupport@linesforlife.org

Big Six Programs: Low or No Cost



Youth-led program to help promote healthy norms and coping skills to fellow peers in a school setting. It focuses on hope, help, and strength.

☎ 503.593.2840 ✉ liz@matchstickpdx.com



A broad overview training to teach skills to recognize the early signs of mental illness, mental health problems, and substance use.

☎ 503.399.7201 ✉ mpos@aocmhp.org



Question, Persuade, Refer: A 1.5 hour online or in-person training program for ages 16+ that teaches three easy steps to identify signs someone is thinking about suicide and how to connect them with help.

☎ 503.575.3759 ✉ qpr@linesforlife.org



A two-day workshop designed for anyone 16+ to learn to provide skilled intervention and safety planning with someone having suicidal thoughts.

☎ 503.399.7201 ✉ mpos@aocmhp.org



A half-day in-person training program that teaches ages 15+ how to recognize and engage individuals who might be having thoughts of suicide and how to connect them with community resources.

☎ 503.399.7201 ✉ mpos@aocmhp.org



Connect postvention teaches adult service providers the best practices to respond in a coordinated and comprehensive way in the aftermath of a suicide.

☎ 503.399.7201 ✉ amarcus@aocmhp.org

General Questions?

Contact the OHA Youth Suicide Prevention Staff

Jill Baker, LSC

☎ 503.339.6264

✉ jill.baker@state.or.us

Shanda Hochstetler

☎ 503.890.3575

✉ shanda.hochstetler@state.or.us

Oregon Health Authority

Photo by Min An from Pexels
Poster design by KC McCormick Clackamas Highschool, grade 12