



You matter... more than you can imagine

We Can All Prevent Suicide

Understanding the issues concerning suicide is an important way to take part in suicide prevention, help others in crisis, and change the conversation around suicide.

At LifeWorks NW, we believe that hope and healing can happen. Suicide is not inevitable, it is preventable. It's the job of everyone, not just professionals, to have a community free of suicide. Suicide is everyone's business.

Know the Warning Signs

Some warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss or change. If you or someone you know exhibits any of these, seek help by calling help

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. **Call 1-800-273-8255**

County Crisis Lines:

Washington County crisis line: 503-291-9111

Multnomah County crisis line: 503-988-4888

Clackamas County crisis line: 503-655-8585