

# INVOLVE YOURSELF: L.I.N.K.S. TO LIFE

## OCTOBER 2023

### LEARN ABOUT SUICIDE PREVENTION

Suicide is a serious public health problem that can have lasting effects on individuals, families, and communities. Because suicide prevention is so important in Oregon, several groups came together to promote mental wellness.



### DO YOU KNOW ABOUT...?

#### 988

988 is a suicide and crisis lifeline. Here's a few things to know:

- Anyone can call or text 988 or chat online at [988lifeline.org](https://988lifeline.org)
- Calls are answered by locally trained call takers
- It is confidential and support is available in several languages
- Calls can be made on behalf of family or friends
- A person does not need to be in crisis to use 988
- 988 call takers have direct relationships with local resources and can help folks make important connections

### INVOLVE YOURSELF...

This month, these groups provide opportunity for connection and involvement.

**Youth ERA / The Drop:** a safe space for young people to feel heard, supported, and capable of creating change

**Mid-Valley Suicide Prevention Coalition:** our mission is to raise awareness about suicide prevention through targeted outreach and education

**Oregon Alliance to Prevent Suicide:** advocates and works to inform and strengthen Oregon's suicide prevention policies, services, and supports to prevent youth and young adults from dying by suicide

### OCT. 2023 EVENTS

Oct. 11 | Lunch and Learn: Older Adults and Behavioral Health, online, noon-1 PM

Oct. 14 | Out of Darkness Walk, Riverfront Park, Salem, event opens at 9AM, walk start time 11AM

Oct. 17 | Mid-Valley Suicide Prevention Coalition Quarterly Meeting, Dallas, 3PM-4:30PM

Oct. 17-18 | Youth SAVE for Primary Care Providers, online, 7AM - 10:30AM

Oct. 26 | QPR Training for Trainers, Salem Health, all day

**FOR MORE INFORMATION ON EVENTS IN OCTOBER, GO TO [MVSUICIDEPREVENTION.ORG](https://MVSUICIDEPREVENTION.ORG) OR USE THE QR CODE**

MID-VALLEY  
Suicide  
Prevention  
Coalition

