



ASK THE QUESTION: A CONVERSATION ABOUT SUICIDE PREVENTION

Prepared for the Clackamas
County Coalition to Prevent
Suicide
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BEFORE WE BEGIN . . .



NATIONAL SUICIDE STATISTICS

- Suicide is the 10th leading cause of death in the US (2017)
- For every death by suicide, approximately 25 attempts occur
- Annual age-adjusted suicide rate is 14.0 per 100,000 individuals (2017) and continues to go up.
- In 2017, men died by suicide 3.5x more often than women.
- On average, there are 129 suicides per day.
- White males accounted for 69.67% of suicide deaths in 2017.
- In 2017, firearms accounted for 50.57% of all suicide deaths.

OREGON SUICIDE STATISTICS

- Oregon ranks 14th in the country with a rate of 19.01 per 100,000 individuals. The national rate of suicide is 14.0. (2019)
- 8th leading cause of death in Oregon.
- Suicide rates increase with age. The highest male suicide rate occurred among those aged 85 years and older; the highest female suicide rate occurred between the ages of 45 and 54 years.
- 68 percent of suicides are among adults aged 25 to 64 years.
- About 22 percent of suicides occurred among veterans.
- Firearms accounted for 55% of deaths.
- More than 6x as many people died by suicide than in alcohol related car crashes.

CLACKAMAS COUNTY STATISTICS

- Clackamas County has a higher rate than Washington and Multnomah counties with a 15.9 suicide death rate per 100,000 (Oregon Health Authority, 2017)
- Clackamas County has a 13% higher rate of suicide than that of the national rate.
- Approximately 1 death by suicide occurs every 5 days in our County.
- On average, 60 people a year die of suicide.

WE ALSO KNOW THAT . . .

Over the past decade, the national suicide rate has increased.

In 2003 = 10.8*

In 2013 = 12.6*

In 2015 = 13.26*

In 2017 = 14.0*

And we are still not talking about it.

*Age adjusted rate per 100,00

SUICIDE PREVENTION LEGISLATION

***SB 918** states: “Directs local mental health authority to notify local systems having contact with deceased individual 24 years of age or younger of suspected suicide if local mental health authority received notice of death from third party.” Link to full statute is here:

<https://olis.leg.state.or.us/liz/2019R1/Downloads/MeasureDocument/SB918/Introduced>

****SB 485** states: “Directs Oregon Health Authority to collaborate with certain schools and facilities when developing plan for communication following suspected suicide. Directs schools attended by individual at time of individual’s death to report to authority regarding activities implemented following suicide.” Link:

<https://olis.leg.state.or.us/liz/2019R1/Downloads/MeasureDocument/SB485/Introduced>

* = *makes mention of private schools*

** = *makes no mention of private schools*

SUICIDE PREVENTION LEGISLATION

****SB 52 “Adi’s Act” states:** “Requires school district to adopt policy on student suicide prevention. Prescribes requirements of policy.”

<https://olis.leg.state.or.us/liz/2019R1/Downloads/MeasureDocument/SB52/Introduced>

RESOURCES

1) **Seize the Awkward** <https://seizetheawkward.org/>

- resources for signs to watch out for, conversation starters, what to do next

2) **American Foundation for Suicide Prevention** <https://afsp.org/about-suicide/>

- resources for warning signs and risk factors, statistics, finding support

3) **The Trevor Project** <https://www.thetrevorproject.org/>

- support, education and resources for supporting LGBTQ+ young people under 25

4) **Oregon YouthLine** <https://oregonyouthline.org/>

- resources, chat and text line for youth

THANK YOU!

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