

You Can Help Prevent Suicide

Get Trained to Help Others

Take a 1.5 hour suicide prevention training and learn the warning signs and what to do if someone close to you is considering suicide or having an emotional crisis. Classes for 10 to 20 young people at a time.

Know How to Locate Help

Help is always available. Know the resources. Know how to connect someone to help 24 hours a day and seven days a week.

Bring Your Voice to the Suicide Prevention Coalition

Increase awareness across the county to other youth and young adults. Share your experience about what works best to reach your peers — what kind of messages will engage young people, what tools can best get the word out about how to recognize warning signs and how to help. Join the Youth and Young Adults Action Team.

These are great additions to job and school applications — they show leadership, initiative and community involvement! Your contributions now can help pave the way in the future! Contact us below.



Suicide Prevention Coalition

www.clackamas.us/behavioralhealth/suicideprevention.html

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