

GET TRAINED TO HELP

You can get trained to recognize the signs that someone needs help and take action. All you have to do is sign up online. Courses are free and open to the public.

two  **in five** 
completed suicides use a firearm

Mental Health First Aid

An eight-hour training that teaches how to recognize and respond to the signs and symptoms of a mental health crisis. Courses focus on youth and adults.

Question, Persuade, and Refer

A two-hour educational program teaching people how to recognize the early warning signs of suicide and connect a person at risk of suicide with someone who can help.

A.S.I.S.T.

A two-day, intensive workshop showing how to determine when someone is at risk for suicide, how to intervene, and connect people with recovery services.

**GET TRAINED
TO HELP.COM**

HOW TO GET HELP

If you or someone you know is having mental health issues, don't wait. Get help.

Multnomah County offers mental health services for all members of the community.



Call the Crisis Line at:
(503) 988-4888

We're here to listen. We can help.

- *Free, 24/7 mental health support*
- *Translation services for non-English speakers*
- *Referral to low-cost agencies*
- *Help finding mental health providers*
- *Access to community resources*



**Visit the the Urgent
Walk-In Clinic**

Need to see someone face to face? The Urgent Walk-In Clinic is available to all community members.

Get immediate and ongoing mental health support and help.

4212 SE Division St. Portland, OR.
Open 8:00 am to 10:30 pm every day.



**Multnomah
County
Health Department**

IS YOUR SAFETY ON?



FIREARMS and SUICIDE



**Multnomah
County
Health Department**



KNOW THE SIGNS

Preventing suicide starts with education. People experiencing depression, substance abuse, or other mental health issues are at a higher risk for suicide.

If someone you know is showing signs of suicide, it's time to seek professional help.

Things to Look Out For

- Talking about death or suicide
- Increased drug or alcohol use
- Changes in sleeping patterns
- Feelings of hopelessness
- Mood swings or extreme emotions
- Giving away prized possessions
- Avoiding activities and people they enjoy
- Recent loss of a job, relationship or loved one

Call the **Multnomah County Crisis Line** at (503) 988-4888 and receive:

- **Immediate mental health support**
- **Ongoing mental health resources and services**
- **Help accessing insurance and providers**



STEPS YOU CAN TAKE

Suicide is one of the leading causes of death in the United States, and it's completely preventable. If you or someone you know is at risk of suicide, it's important to limit access to lethal means.

Firearms are the leading method for suicide. They're also the deadliest. Follow these steps to save your life or someone else's:



LOCK

Store guns safely and securely when not in use. Change your gun locks if needed and make sure the keys and combination aren't accessible.



LIMIT

Prevent a person in crisis from accessing lethal means by storing guns and ammunition separately, and temporarily changing safe combinations.



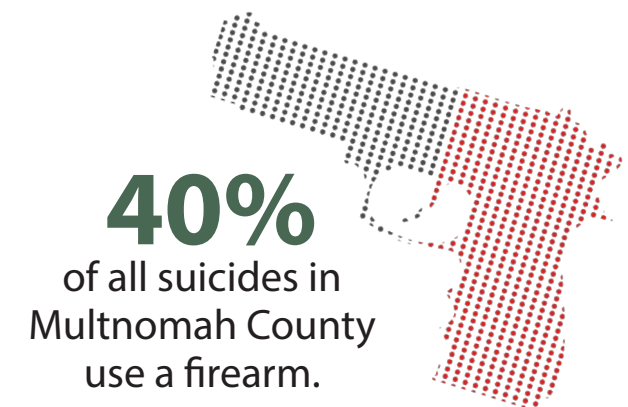
REMOVE

Keep firearms off site until the situation improves. Ask for help from a friend or loved one. Gun shops and law enforcement may offer storage options.

SUICIDE and FIREARMS

About two-thirds of deaths from firearms are suicides. That makes firearms the most lethal means of completing suicide.

It's important to have distance between a person in crisis and a firearm. That's because most people attempt suicide within 10 minutes of thinking about it.



Access to guns raises the risk of suicide for people in crisis. You can save a life by limiting easy access to a firearm.

Here are some things you can do:

- **Temporarily store your guns outside the home**
- **Disassemble firearms or lock up at least one component**
- **Use your natural supports. Talk to friends, loved ones or community members who might be able to help.**



IS YOUR SAFETY ON?

24/7 CRISIS LINE: (503) 988-4888

