



MEDIA RELEASE

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Local Leaders Urge Families to Learn About Youth Suicide Prevention

Hope & Help Education Series Announced at Press Conference Today

Leaders from local schools, law enforcement, health services and more joined together today to invite parents and students to learn more about youth suicide prevention during upcoming Hope & Help: The Reasons You Need to Know About Youth Suicide education events set to take place throughout the region during the next month.

“Suicide is a serious but preventable public health issue,” said David Visiko, suicide prevention coordinator with Deschutes County Health Services. “We want to break the silence and the stigma.”

The free events will empower parents and youth to talk about suicide and depression in productive, meaningful ways and offer help in finding supportive resources.

“We often hear from community members asking how to start conversations about challenging topics like youth suicide and depression. These events will help parents know how to begin these important discussions,” said Jeff Blake, Battalion Chief for Bend Fire Department.

The Hope & Help events are intended for all parents, interested community members and middle and high school age students.

“We need a community conversation. We need all of us to work together on youth suicide. Together we can do this,” said Cheryl Emerson, private therapist and suicide prevention expert in Bend. The panelists during the Hope & Help events will address warning signs, risk factors and how parents, other family members and students can identify and respond to someone who might be at risk of suicide.

During these interactive sessions, parents and students alike will learn how to normalize conversations about suicide, how to find resources in our community to support youth through stressful times, and how to help parents and children navigate current entertainment in ways that facilitate increased parent-child communications.

Hope & Help: The Reasons You Need to Know About Youth Suicide

- Redmond: May 31, 6 to 7:30 p.m. at High Desert Education Service District
- Bend: June 12, 6 to 7:30 p.m. at St. Charles Bend in conference rooms A and B
- Sisters: June 14, 6 to 7:30 p.m. at Sisters Middle School

Resources:

- www.deschutes.org/suicideprevention
- Lifeline: 1-800-273-TALK (8255)
- Text 273TALK to 839-863
- Call the local crisis line at 541-322-7500 Ext. 9
- Contact school counseling center or other mental health professional
- Visit the crisis walk-in center, 2577 NE Courtney, Bend, Monday to Friday from 8 a.m. to 4 p.m.

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