BE THE
VOICE
afsp.org/lgbtq

SURVIVOR OUTREACH *program*

You are not alone. In person, over the phone, or via webcam, our trained volunteers – who are also suicide loss survivors – listen without judgment, provide resources to help you cope, and offer comfort and support after a loss. Visit afsp.org/sop to reach out and learn more.

AMERICAN FOUNDATION FOR
Suicide Prevention

Have an honest conversation. If you're worried about someone, assume you are the only one who will reach out.

- Talk to them in private, and tell them you care
- Listen to their story
- Avoid debating the value of life, minimizing their problems or giving advice
- It's ok to ask directly about suicide
- Encourage them to seek help or to contact their doctor or therapist

afsp.org/lgbtq

LGBTQ+ Suicide Prevention

American Foundation *for* Suicide Prevention

AFSP is dedicated to sharing knowledge and resources about mental health and suicide in the LGBTQ+ community.

Visit
Your Primary Care Provider
Mental Health Professional
Walk-in Clinic
Emergency Department
Urgent Care Center

Find a mental health provider
findtreatment.samhsa.gov
mentalhealthamerica.net/finding-help

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Veterans: Press 1

Text TALK to 741741
Text with a trained counselor from the Crisis Text Line for free, 24/7

CrisisChat.org

Call 911 for emergencies

The Trevor Project
Phone, chat, and text support for LGBTQ+ youth
thetrevorproject.org/get-help-now/

Trans Lifeline
Support for transgender people, by transgender people
1-877-565-8860

SAGE LGBT Elder Hotline
Peer-support and local resources for older adults
1-888-234-SAGE

RESOURCES

Visit
Your Primary Care Provider
Mental Health Professional
Walk-in Clinic
Emergency Department
Urgent Care Center

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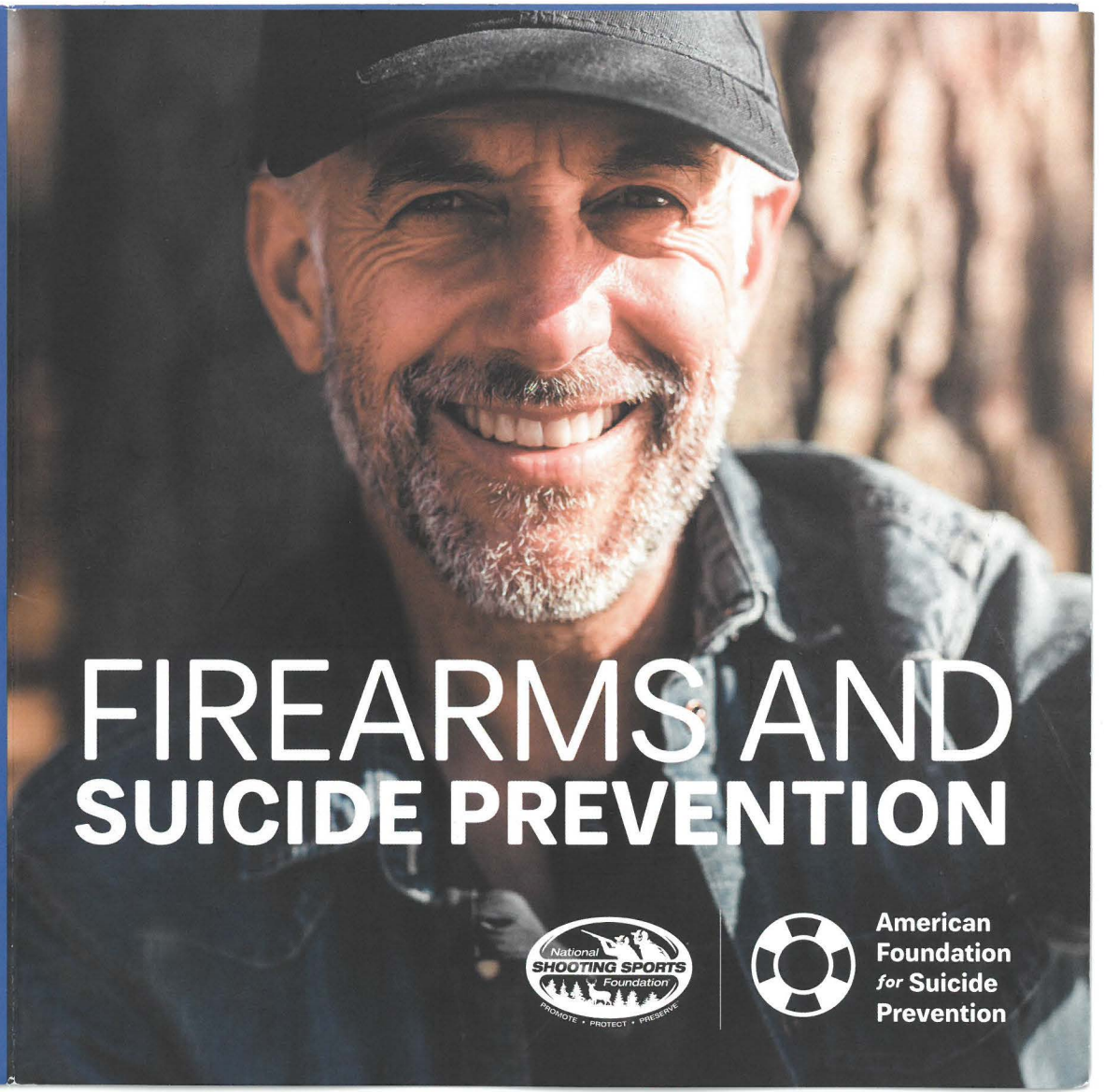
911 Call 911 for emergencies

National SHOOTING SPORTS Foundation
PROMOTE • PROTECT • PRESERVE

American Foundation *for* Suicide Prevention



FIREARMS AND SUICIDE PREVENTION

National SHOOTING SPORTS Foundation
PROMOTE • PROTECT • PRESERVE

American Foundation *for* Suicide Prevention

WHAT LEADS **TO SUICIDE?**

There's no single cause. Suicide most often occurs when several stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common health condition associated with suicide, and is often undiagnosed or untreated. Most people who actively manage their mental health conditions lead fulfilling lives. Conditions like depression, anxiety and substance use problems, especially when unaddressed, increase risk for suicide.

Some People are More at Risk for Suicide than Others

+

+

HEALTH FACTORS

Mental health conditions

- Depression
- Substance use problems
- Bipolar disorder
- Schizophrenia and psychosis
- Personality traits of aggression, mood changes and poor relationships
- Conduct disorder
- Anxiety disorders (PTSD)

Serious or chronic health conditions and/or pain

Traumatic brain injury

ENVIRONMENTAL FACTORS

Stressful life events, like rejection, divorce, financial crisis, or other life transition or loss

Prolonged stress, such as harassment, bullying, relationship problems or unemployment

Exposure to another person's suicide, or to graphic or sensationalized accounts of suicide

Access to lethal means including firearms and drugs

HISTORICAL FACTORS

Previous suicide attempts

Family history of suicide

Childhood abuse, neglect or trauma

Risk factors are characteristics or conditions that increase the chance that a person may try to take their life.

Take Suicide Warning Signs Seriously

TALK

If a person talks about:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

Most people who take their lives exhibit one or more warning signs, either through what they say or what they do.

BEHAVIOR

Behaviors that may signal risk, especially if during a time of transition, stress or loss:

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for materials or means
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too little or too much
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue

MOOD

People who are considering suicide often display one or more of the following moods:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation
- Agitation/Anger
- Relief/Sudden Improvement

Reaching Out Can Help Save a Life

SUICIDE IS A LEADING CAUSE OF DEATH, AND IT'S PREVENTABLE
By keeping secure firearm storage in mind, you can help reduce the number of suicides involving firearms.

LEARN THE RISK FACTORS AND WARNING SIGNS OF SUICIDE
If you are worried about a friend or family member, trust your gut and don't wait for them to reach out.

LET THEM KNOW YOU CARE
Ask them directly about suicide and encourage them to seek help. Talking about suicidal thoughts and showing concern will not put someone at greater risk.

IF YOU ARE CONCERNED ABOUT A LOVED ONE
Always store firearms securely and consider temporary off-site storage for firearms when not in use.

IF YOU'RE GOING THROUGH A DIFFICULT TIME
If lawful where you live, consider giving the firearms and gun lock keys to a trusted family member or friend.

DID YOU KNOW?

Firearms are used in nearly 50% of all suicides in the United States.

Firearms Storage For Your Lifestyle

As a gun owner, you can choose from multiple options for safely storing and protecting your firearms when they're not in use.

CABLE LOCK
Starting at $10
Requiring either a key or combination to unlock, an inexpensive cable lock runs through the barrel or action of most firearms to prevent it from being loaded and fired.

LOCK BOX
Starting at $25
With an integrated lock, storage boxes provide reliable protection for firearms. Electronic boxes can be accessed only by using a special code or biometrics.

GUN CASE
Starting at $20
A gun case is an affordable storage solution for those looking to secure, conceal, protect or legally transport a firearm. Be sure to lock the case with an external device for added security.

FULL SIZE GUN SAFE
Starting at $200
A gun safe allows you to safely store multiple firearms in one place.

Additional firearm safety resources are available at **ProjectChildSafe.org.**

Suicide prevention starts with everyday heroes like you.

Suicide is a leading cause of death, and it's preventable. Together we encourage those who struggle to seek help, improve the quality of their lives and stop this tragic loss of life.

BECOME A LIFESAVER

The vast majority of our funding comes from individual donors like you, and we work hard to make the most out of your donations. We keep our administrative costs low and focus on impact, and we are consistently ranked one of the best nonprofit organizations. We meet the standards for good governance set by the Better Business Bureau and the National Health Council. Charity Navigator, the guide to intelligent giving, awards AFSP four out of four stars.

Donate
Walk
Volunteer

AMERICAN FOUNDATION FOR Suicide Prevention | afsp.org

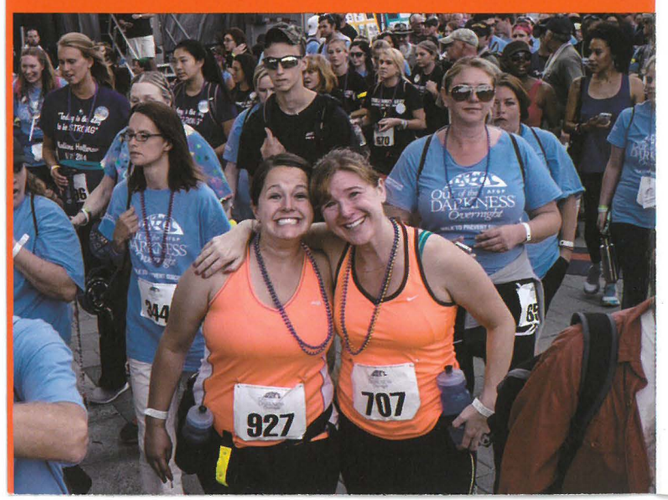
AMERICAN FOUNDATION FOR Suicide Prevention

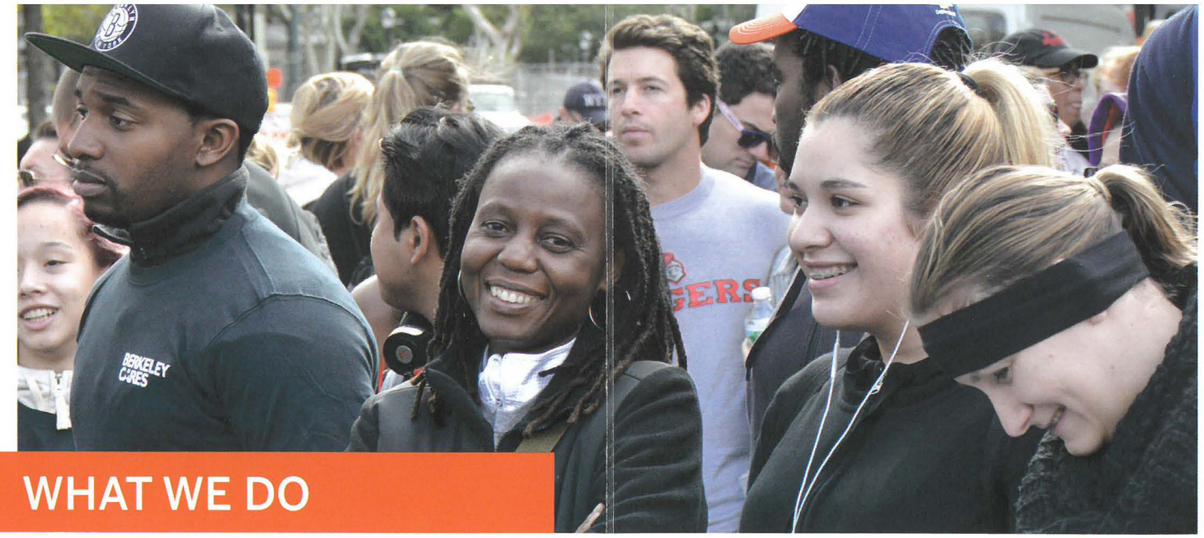
RESEARCH | EDUCATION | ADVOCACY | SUPPORT

OUR BOLD GOAL

Reduce the annual suicide rate in the United States 20% by 2025.

With the suicide rate increasing over the past ten years, a twenty percent reduction will be a challenge, but with tens of thousands of lives at stake, it's a challenge worth taking.





WHAT WE DO

RESEARCH

We are the largest private funder of suicide prevention research, and it's at the core of everything we do. Much of what is known about suicide and how it can be prevented comes from studies we've funded. In the past five years alone we've funded over 100 studies across multiple scientific disciplines. We fund neurobiological, psychosocial and genetic research, as well as studies to develop treatments and community programs.

ADVOCACY

We rally volunteers at the state and federal level to advocate for policies that will reduce suicide and improve mental health services. Our state victories include mandatory suicide prevention training for educators, and we've helped pass key federal legislation like the Excellence in Mental Health Act, which secured $900 million for community-based mental health and substance use disorder treatment—the largest federal investment in a generation.

EDUCATION

We create a culture that's smart about mental health by providing evidence-based programs to colleges, schools and hospitals, and within organizations. We educate students, teachers, clinicians and community members, because everyone has a role to play in preventing suicide. Just one example: our *More than Sad* program has taught over a million teens about the signs of depression, shown them how to reach out for help, and destigmatized mental health conditions.

SUPPORT

We provide support for those who struggle with thoughts of suicide or who have survived a suicide attempt. Our breakthrough Interactive Screening Program reaches people at risk who are the least likely to seek help by providing an anonymous way to engage with counselors. We also help loss survivors heal after the death of a loved one through outreach and support programs. Each year we organize hundreds of healing events for International Survivors of Suicide Loss Day.

SAVE LIVES AND BRING HOPE TO THOSE AFFECTED BY SUICIDE

We are a 501(c)(3) nonprofit founded in 1987 by a group of researchers and families who wanted to take action against this leading cause of death. We have since grown from a small grassroots network into a movement of over a million people across the country.

OUR CHAPTERS

We have chapters in all 50 states that raise awareness at events and walks. Chapters offer educational programs, advocate for public policy and provide support for those affected by suicide.

OUT OF THE DARKNESS WALKS

Community | The Overnight | Campus

Our walks do more than raise the resources to fight suicide; they honor those who have lost a battle to mental illness, and they bring suicide and mental health conditions out of the darkness.

AUDITOR 05/23/18 AM11:42

PORTLAND CITY COUNCIL
COMMUNICATION REQUEST
Wednesday Council Meeting 9:30 AM

Council Meeting Date: _____

Today's Date May 23, 2018

Name Sarah Hobbs

Address 2140 NW Kearney #612 PDX 97210

Telephone 503.719.2668 Email _____

Reason for the request:
Invite council to out of the Darkness walk

(signed)

- Give your request in writing to the Council Clerk's office to schedule a date for your Communication. Use this form or email the information to the Council Clerk at the email address below.
- You will be placed on the Wednesday official Council Agenda as a "Communication." Communications are the first item on the Agenda and are taken at 9:30 a.m. A total of five Communications may be scheduled. Individuals must schedule their own Communication.
- You will have 3 minutes to speak and may also submit written testimony before or at the meeting. Communications allow the Council to hear issues that interest our citizens, but do not allow an opportunity for dialogue.

Thank you for being an active participant in your City government.

Contact Information:

Karla Moore-Love, City Council Clerk
1221 SW 4th Ave, Room 130
Portland, OR 97204-1900
(503) 823-4086
email:
Karla.Moore-Love@portlandoregon.gov

Sue Parsons, Assistant Council Clerk
1221 SW 4th Ave., Room 130
Portland, OR 97204-1900
(503) 823-4085
email:
Susan.Parsons@portlandoregon.gov

3

Request of Sarah Hobbs to address Council regarding Out of the Darkness Walk (Communication)

PLACED ON FILE

JUL 11, 2018

Filed JUL 03 2018

MARY HULL CABALLERO
Auditor of the City of Portland

By _____ Deputy

COMMISSIONERS VOTED AS FOLLOWS:		
	YEAS	NAYS
1. Fritz		
2. Fish		
3. Saltzman		
4. Eudaly		
Wheeler		