

## **Suicide & Crisis Intervention Resources**

### **NWHS Crisis & Information Hotline | 503.581.5535**

Suicide intervention and crisis services 24/7/365 for all residents of Marion, Polk, and Linn Counties. The Hotline is accredited by the American Association of Suicidology.

### **Marion County Crisis Center (PCC) | 503.585.4949**

Provides crisis intervention services 24/7/365 for residents of Marion, Polk and Yamhill counties.

### **National Suicide Prevention Lifeline | 800.273.TALK (8255)**

Provides 24/7/365, free and confidential support for people in distress, and crisis resources for you or your loved ones.

### **Crisis Text Line | Text: HOME to 741741**

Offers 24/7/365 support for those in crisis. Text from anywhere in the US to connect with a trained Crisis Counselor.

### **Marion County Youth & Family Crisis Services | 503.576.HOPE (4672)**

Provides mental health crisis screenings and services to youth and families in Marion County who are 0 to 17 years old. Crisis screenings are at no cost.

### **Oregon Youthline | 877.968.8491 or Text: teen2teen to 839863**

Free, confidential teen-to-teen crisis and help line. No problem is too big or too small

## How You Can Help | The Question, Persuade, Refer (QPR) 3-Step Process

QPR is about asking someone about the presence of suicidal thoughts and feelings to start a conversation that may lead to referral and help. QPR is intended to offer hope through positive action; *it is not intended to be a form of counseling or treatment.*

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**Step 1 | Question:** If you believe someone is at risk for suicide, you can start a conversation with them by asking a few questions:

- If the person is reluctant to talk, be persistent.
- Talk in a private setting, allow them to talk freely, and give them time to speak.

**Step 2 | Persuade:** Offer to help them get help. The main goal at this step is to persuade someone to stay alive.

- The most important part is to be there, give your full attention, and offer hope.

**Step 3 | Refer:** Suicidal people often feel they cannot be helped, so you may have to do more at this step.

- The best referral involves taking the person directly to someone who can help.
- The next best referral is to get a commitment from them to accept help, and then arranging to get that help.
- The third best referral is to give them referral information and try to get a “good faith commitment” not to complete or attempt suicide.