

# Suicide is Preventable



**Free consultation  
and mini-grants  
for schools**

☎ 503.244.5211

[schoolsupport@linesforlife.org](mailto:schoolsupport@linesforlife.org)



## Big Six Programs: Low or No Cost



Youth-led program to help promote healthy norms and coping skills to fellow peers in a school setting. It focuses on hope, help, and strength.

☎ 503.593.2840 ✉ [liz@matchstickpdx.com](mailto:liz@matchstickpdx.com)



A broad overview training to teach skills to recognize the early signs of mental illness, mental health problems, and substance use.

☎ 503.399.7201 ✉ [mpos@aocmhp.org](mailto:mpos@aocmhp.org)



Question, Persuade, Refer: A 1.5 hour online or in-person training program for ages 16+ that teaches three easy steps to identify signs someone is thinking about suicide and how to connect them with help.

☎ 503.224.5211 ✉ [qpr@linesforlife.org](mailto:qpr@linesforlife.org)



A two-day workshop designed for anyone 16+ to learn to provide skilled intervention and safety planning with someone having suicidal thoughts.

☎ 503.399.7201 ✉ [mpos@aocmhp.org](mailto:mpos@aocmhp.org)



A half-day in-person training program that teaches ages 15+ how to recognize and engage individuals who might be having thoughts of suicide and how to connect them with community resources.

☎ 503.399.7201 ✉ [mpos@aocmhp.org](mailto:mpos@aocmhp.org)



Connect postvention teaches adult service providers the best practices to respond in a coordinated and comprehensive way in the aftermath of a suicide.

☎ 503.399.7201 ✉ [amarcus@aocmhp.org](mailto:amarcus@aocmhp.org)

General Questions?

Contact the OHA Youth Suicide Prevention Staff

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Oregon  
**Health**  
Authority

Photo by Min An from Pexels  
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