

SEPTEMBER

Suicide Prevention Awareness Month

The rate of suicide for American Indian/Alaska Native adolescents and young adults (ages 15 to 34) is 1.3 times the national average. Suicide can be prevented and people with suicidal thoughts and feelings can be helped.

- If someone is in crisis, help them get medical attention immediately
- Behavioral Health counseling can help people develop and practice healthy thinking
- Keep the National Suicide Prevention Lifeline number available: 1-800-273-8255 (TALK)
- Coos Health and Wellness provides 24/7 crisis services. Call 541-266-6800. Use your camera to view their website:
- Text NATIVE to 741741 for free 24/7 confidential crisis support by text.



A message from the Ko-Kwel Wellness Center

541-888-9494, option 1

