

This summer... be brave. be bold. give hope. give help.

## Hope & Help:

### The Reasons You Need to Know About Youth Suicide

Redmond

**MAY 31**

**6:00-7:30 PM**

@ the High Desert ESD

Bend

**JUNE 12**

**6:00-7:30 PM**

@ St. Charles in  
conference rooms A&B

Sisters

**JUNE 14**

**6:00-7:30 PM**

@ Sisters Middle  
School

As a parent, it is difficult at times to recognize the difference between the typical problems teens have while growing up versus the more serious ones. These Hope & Help events will empower parents and youth to talk about suicide and depression in productive, meaningful ways and how to find resources. Hear from physicians, suicide prevention specialists, law enforcement leaders and family members who are survivors of youth suicide.

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

If you or someone you know needs help immediately, you should take one of the following actions:

- Call 9-1-1
- Call the Lifeline at 1-800-273 TALK (8255)
- Text '273TALK' to 839-863
- Call the local crisis line at 541-322-7500, ext 9
- Contact your school counseling center or other mental health professional
- Visit the crisis walk-in center, 2577 NE Courtney, Bend, Monday - Friday between 8 a.m. and 4 p.m.

For more information, visit:  
[www.deschutes.org/suicideprevention](http://www.deschutes.org/suicideprevention)