

Find Resources



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THURSTONCOUNTYWA.GOV



"SUICIDE IS THE
SECOND LEADING
CAUSE OF DEATH FOR
WASHINGTON TEENS
15-19 YEARS OLD"

(Washington State Department of Health, 2023)



Public Health & Social Services

phss_mentalhealth@co.thurston.wa.us

360-867-2500
412 Lilly RD. NE, Olympia WA

WE CAN...
BREAK THE STIGMA
AROUND
MENTAL HEALTH



Connect with us at
@ThurstonHealth



Question Persuade Refer

Like CPR, **QPR** is an emergency response to someone in crisis and can save lives!



SCAN ME

Three steps **ANYONE** can learn to help prevent suicide. Request a training by scanning the code above!

LOOK FOR SIGNS

- L**
- Talking, joking about death; researching ways to die

EMPATHIZE & LISTEN

- E**
- Offer compassion, not advice. Avoid judgement

ASK DIRECTLY

- A**
- If you see multiple troubling signs, ask directly about suicide

REMOVE THE DANGERS

- R**
- Remove or lock up firearms and medications

NEXT STEPS

- N**
- Together, call the 988 Suicide & Crisis Lifeline



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Taking care of yourself



Love & friendship are about respect

**Build your
support
network**



DITCHTHELABEL.ORG



Know that
you are not
alone

**Create a
safety
plan**



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