

BEFORE THE BOARD OF COUNTY COMMISSIONERS
FOR TILLAMOOK COUNTY, OREGON

In the Matter of Proclaiming the Month) RESOLUTION
of September as "*National Suicide*) #R-24- 013
Prevention Month" in Tillamook County,)
Oregon)

This matter came before the Tillamook County Board of Commissioners on September 4, 2024. at the request of Sarah Ermer, Prevention Specialist of the Tillamook Family Counseling Center, and Amanda Ferrat, Chair of the Tillamook County Suicide Prevention Coalition. The Board being fully apprised of the records and files herein, finds as follows:

1. Suicide is a public health concern that can affect community members of all ages and backgrounds.
2. Suicide can be defined as an intentional death caused by self-harm.
3. Many community members have been impacted by suicide. In 2023, the rate of suicide deaths in Tillamook County was 2.6 times higher than that of the state of Oregon as a whole.
4. Suicide can be prevented by connecting people with resources, engaging in judgement-free conversations about mental health, and a community commitment to reaching out to those who are struggling.
5. With effective behavioral health treatment and support, individuals who experience mental health challenges can recover and live a life free of thoughts of suicide.
6. Help can be initiated through crisis hotlines. The Tillamook County 24/7 Crisis Hotline can be reached by calling (503) 842-8201 or (800) 962-2851. The 988 Suicide & Crisis Lifeline can be reached 24/7 by calling 988. The AgriStress Helpline, available specifically for people in farming, ranching, fishery, and forestry industries, is available 24/7 by calling (833) 897-2474.
7. If you are experiencing challenges with your mental health, we encourage you to speak with your health provider about local options for mental health services. To learn about behavioral health services provided by the Tillamook Family Counseling Center, call (503) 842-8201 or visit www.tfcc.org. Other behavioral health providers include: Adventist Health (503) 815-2292, Nehalem Bay Health Center 1-800-368-5182, and Tillamook County Community Health Centers (503) 842-3938.

NOW, THEREFORE, LET IT BE RESOLVED, that:

8. The Tillamook County Board of Commissioners hereby proclaims September as "National Suicide Prevention Month" in Tillamook County, Oregon.

DATED this 4th day of September, 2024.

BOARD OF COMMISSIONERS FOR
TILLAMOOK COUNTY, OREGON

Aye Nay Absent/Abstain

Absent

Mary Faith Bell, Chair

_____ _____ X / _____

Doug Olson

Doug Olson Vice-Chair

X / _____ _____

Erin D. Skaar

Erin D. Skaar, Commissioner

✓ / _____ _____

ATTEST: Christy Nyseth, County Clerk

APPROVED AS TO FORM:

BY: Don Garland

Special Deputy

William K. Sargent

William K. Sargent, County Counsel

