

Submitter: Melanie Proden
On Behalf Of:
Committee: House Committee On Rules
Measure, Appointment or Topic: HB3643

In support of - Oregon Youth Suicide Awareness Day

Oregon Youth Suicide Awareness Day is a vital event because it shines a necessary spotlight on the growing mental health crisis among youth in Oregon. With suicide being a leading cause of death for young people in the state, this day offers a dedicated time for reflection, education, and action. It not only raises awareness about the severity of the issue but also empowers communities to take proactive steps in supporting the mental health of youth.

Raising Awareness:

Youth suicide often remains a taboo subject, shrouded in stigma. Oregon Youth Suicide Awareness Day serves as a platform to break this silence, making it easier for young people and their families to seek help without shame.

The day brings attention to the warning signs of suicide, mental health struggles, and the importance of early intervention, helping to prevent potential tragedies before they happen.

Encouraging Open Dialogue:

Suicide prevention relies heavily on open communication. This day encourages youth to talk about their mental health, fosters better understanding among peers, and provides an opportunity for adults to learn how to identify signs of distress in young people.

It encourages schools, communities, and families to create safe spaces where mental health conversations can take place without judgment.

Promoting Resources and Support:

The event connects youth and their families to crucial mental health resources, including counseling services, hotlines, and peer support groups, ensuring that those in need have access to the help they deserve.

By raising awareness about the availability of these resources, it encourages young people to seek help before their struggles escalate to a crisis.

Youth Empowerment:

Suicide awareness days like this give young people a voice in advocating for their mental health. It empowers them to share their experiences, support one another, and be part of the solution in reducing suicide rates.

Involvement in these awareness days fosters a sense of purpose and solidarity among youth, promoting mental resilience and collective healing.

In conclusion, Oregon Youth Suicide Awareness Day plays an essential role in preventing youth suicide. It raises awareness, promotes understanding, offers resources, and provides a platform for the youth to speak up. Every year, lives can be saved by encouraging proactive and preventative mental health care in our communities.