

KPLU-FM (Radio)
Oct 1 • 6:05 PM

native Americans make up less than 2% of the population in Washington yet they represent more than 4 and a half % of jail deaths that's according to a recent investigation by northwest public radio stations in the case of Shannon jefferson she was booked into Whatcom County jail for probation violation the for failing to appear in court and 4th degree assault charge 12 days later she died by suicide in her isolation cell Jefferson was 36 years old and the mother of 6 the family sued alleging the trial failed to provide a basic standard of care and ignored Jefferson's high risk of suicide now the family and the County of settle that lawsuit for 300 and 50000 dollars with no admission of wrongdoing the family's attorney said he hopes the case ways to improve mental health care in jail.

KGMI News/Talk 790 (Radio)
Oct 1 • 8:52 AM

B_OCT_WASH_2

the family of a woman who committed suicide while behind bars has settled a wrongful death lawsuit against Walker County jail generous jefferson came herself her solitary confinement cell in 2014 and was taken to a hospital where she died hours later according to Bellingham Herald the 36 year-old was a Lummi tribal member and a mother of 6 a lawsuit alleging jefferson's death could have been prevented she received warm mental health care.

KLSR (FOX)
Oct 1 • 7:54 AM

B_OCT_OREG_1

today marks the second anniversary of the deadliest mass shooting in modern u.s. history. officials say a gunman shot and killed 58 people and injured nearly 700 others in the las vegas massacre. the gunmen fired from the 32nd floor of the mandalay bay resort and casino into a crowd of 22,000 concertgoers. according to witnesses, the shooting lasted between 10-15 minutes. officials later found the shooters hotel room and his body. police believe he killed himself and no one else was involved. today, flies will be flown at half-staff at innovators that capital and public buildings and grounds in rims of the buildings lives lost.

KGW-POR (NBC)
Oct 1 • 6:07 PM

B_OCT_OREG_2

a teenager and klamath falls with a promising future died by suicide back in may and his mom thinks somebody encouraged him to do it online. he was 17 years old and studying premed at arizona state when he died. his mother later found he spent t aonline group called suicide watch and she thinks somebody helped and encouraged him to take his own life. >> i have

three specific questions on how to kill himself in this person was an influence on him simply by giving them all these specific information on how to kill himself with a gun . >>> authority say it's possible to charge somebody with manslaughter for helping someone take their life, it is difficult to prove. his mom thinks there should be a policy in place to make it easier . >>> there should be some accountability for an adult person that encourages a minor person. i'm trying to do what i can from my position to encourage legislators to consider this sort of an option . >>> the local district attorney agrees and narrowly tailored policy would be beneficial to prevent tragedies like...

KOBI
Oct 1 • 6:31 AM

B_OCT_OREG_3

students at umpqua community college will come together today.... to mark the tragic 4 year anniversary of a mass shooting on the campus. it was on october 1, 2015.... that a 26 year old gunman opened fire inside of a classroom... killing 8 students and one teacher... and injuring nine others. the gunman ultimately took his own life after a shoot-out with police. still to this day... the circumstances surrounding the shooting... including the shooter's motive.. remain a mystery. the school will have a private ceremony for students who wish to participate. school officials are asking for distance and respect as they continue to mourn. a suicide that happened in klamath falls 5 months ago could prompt state legislation. 17 year old adrio romine of arizona took his own life on may 11-th. his mother is concerned that an adult he met in a chat room may have played a role. "my son had very specific questions on how to kill himself - this person was an influence on him, simply by giving him all this specific information on how to kill himself with a gun." "there should be some accountability for an adult person that encourages a minor person to harm themselves." the klamath county sheriff has contacted state legislators to consider making a law to hold those adults accountable. if you or someone you know is struggling with thoughts of suicide... there is help available. you can call the national suicide prevention lifeline at 1-800-273-talk. that's 1-800-273-8255. you can also text 741-741 any time to be connected to a crisis counselor.

KMVU (FOX)
Oct 1 • 7:30 AM

B_OCT_OREG_4

today.... to mark the tragic 4 year anniversary of a mass shooting on the campus. it was on october 1, 2015.... that a 26 year old gunman opened fire inside of a classroom... killing 8 students and one teacher... and injuring nine others. the gunman ultimately took his own life after a shoot-out with police. still to this day... the circumstances surrounding the shooting... including the shooter's motive.. remain a mystery. the school will have a private ceremony for students who wish to participate. school officials are asking for distance and respect as they continue to mourn. a suicide that happened in klamath falls 5 months ago could prompt state legislation. 17 year old adrio romine of arizona took his own life on may 11-th. his mother is concerned that an adult he met in a chat room may have played a role. "my son had very specific questions on how to kill himself - this person was an influence on him, simply by giving him all this specific information on how to kill himself with a gun." "there should be some

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KMVU (FOX)

Oct 1 • 10:15 PM

B_OCT_OREG_5

the case of an arizona teen who took his own life in klamath falls 5 months ago may soon trigger state legislation. 17 year old adrio romine took his own life on may 11-th. his mother is concerned that an adult he met in a chat room may have played a role. "my son had very specific questions on how to kill himself - this person was an influence on him, simply by giving him all this specific information on how to kill himself with a gun." "there should be some accountability for an adult person that encourages a minor person to harm themselves." the klamath county sheriff contacted state legislators to consider making a law to hold those adults accountable. if you or someone you know is struggling with thoughts of suicide... there is help available. You can call the national suicide prevention lifeline at 1-800-273-talk. that's 1-800-273-8255. you can also text 741-741 any time to be connected to a crisis counselor.

KATU-POR (ABC)

Oct 1 • 5:05 PM

B_OCT_OREG_6

memorial service held today for the cowlitz county battalion chief who died by suicide. the body of mike zanafeld was escorted. hundreds of friends, family, first responders and coworkers lined the streets to pay their respects. he battle add job related injury and stress n. a statement sunday the family said until mental health is viewed the same as any physical injury we will continue to lose our heroes. it's been nearly six months sunsets deputy justin at the rowser was shot and killed in the line of duty leaving his infant daughter. today was lillian's first birthday. this birthday was also a fund wraizer with people paying \$30 each all going toward little lillian. the owner of the restaurant, fiesta bonita, says they will hold this celebration every year in until lillian's quinceanera. >> we never really thought about it until he passed. i thought, okay, i have to make this real. this is a good way to maintain justin in our community alive. his memory. >> people attending can get a stamp and lillian passport for each year they attends. if they have a stamp every year for the next 15 years they will get a discount for the big quinceanera.

KGW-POR (NBC)

Oct 1 • 12:00 PM

B_OCT_OREG_7

the community is paying tribute to a firefighter who died by suicide early this month. battalion chief mike zainfield , he had been with the department for 25 years. we want to give you look at that procession. you can see hot it has moved towards our camera. you can see the flashing lights in the distance. this started about 30 minutes ago at the fire station on ninth street. it will

end at new life fellowship church on 47th avenue. his family released a statement is says in part, again for he was loved by many and respected by all. this tragedy does not defined mickel's commitment to his family and the community. instead, we asked for this to redefine how we see mental health in first responders, how it is looked at." the funeral, we will be streaming it live on kgw.com and on our Facebook page and you two pages. will have much more coverage, coming up on kgw news at 4:00. >>> if you or somebody you know needs help, or you just need somebody to talk to. the suicide prevention hotline number is available 24 seven. this number is now on your screen. it is 800 273 8255.

KTVZ (NBC)
Oct 1 • 8:10 AM

B_OCT_OREG_8

kate, you had mentioned that is thdy stu orar sevel studies th at show that lgbtq youth are more likely to contemplate suicide, three times. >> three times more likely than other use to contemplate suicide which is just stunning i want to talk about what people can do there's a really great group called the trevor project that works to prevent suicide in that community specifically they suggest a few things, be careful about who you share with on social media. i know that sounds obvious they also say try to block negativity by using comment controls available on most platforms, and most important piece of advice for young people is find a trusted adult and that way if something happens if you're outed before you're ready, you have someone you can talk to. maybe it's a parent. maybe it's a friend. and if someone you know needs help, there's a phone number we want to put up it's the trevor lifeline, available 24/7 866-488-7386

KOPB-FM (Radio)
Oct 2 • 2:00 PM

B_OCT_OREG_9

The vast majority of gun deaths in this country are suicides but most americans don't know that according to a new national poll cons america's Future's and has more 60% of gun deaths in America are suicides but when it comes to firearms fatalities americans think of murder new poll from the E.P.A. research lab called mind and guns in America have 58% think some for homicide is responsible for the most gun deaths fully one quarter attributed the most gun dest mass shootings that's all wrong data and Jennifer steve her co-founder of forefront suicide Prevention city needs to change that the public had a better understanding about I think one might be putting more resources toward the issue and Prevention which is very much under funded but also we would be thinking about policy solution perhaps a bit differently the poll found the misperception be consistent across rural and urban areas the summer read Joe fluctuation for guns in America.

KEZI (ABC)
Oct 2 • 6:40 AM

B_OCT_OREG_10

two of oregon senators are being recognized for joining forces to fight for better mental health care. last night former oregon republican senator-- "gordon smith"-- and democrat-- "ron

wyden"-- were celebrated at an awards dinner-- presented by the "national alliance on mental illness." the two senators served together in the senate for 12-years. smith"-- presented "wyden"-- with the "gordon and sharon smith new freedom award." it was first presented to the smiths eleven years ago... for their efforts to prevent suicide...after the death of their son "garrett." "what we prove together is this new this morning... two of oregon senators are being recognized for joining forces to fight for better mental health care. last night former oregon republican senator-- "gordon smith"-- and democrat-- "ron wyden"-- were celebrated at an awards dinner-- presented by the "national alliance on mental illness." the two senators served together in the senate for 12-years. smith"-- presented "wyden"-- with the "gordon and sharon smith new freedom award." it was first presented to the smiths eleven years ago... for their efforts to prevent suicide...after the death of their son "garrett." "what we prove together is this issue isn't republican or democrat... it's about helping people. it registers as human. senator wyden promised to work for mental health care.. and said-- he's working on bipartisan legislation in the senate to bring better mental health services to rural oregon-- and to our veterans. he hopes to have a bill ready at the end of the year.

KLSR (FOX)

Oct 2 • 7:42 AM

B_OCT_OREG_11

for \$7.5 million you can own a real piece of rock 'n roll history. kurt cobain's former seattle home is up for sale. cobain and courtney love bought the house back in january 1994 and the couple lived there until the nevada that meant killed himself in the green house on the property on april 5 of that same year. love had the greenhouse torn down but stayed in the house until 1997. it sold for almost \$3 million at that time.

News Radio KEX

Oct 2 • 1:04 PM

B_OCT_OREG_12

a memorial service was held yesterday for the Cowlitz County battalion chief who died by suicide Mike Seinfeld was remembered as a passionate man flight was passionate about is the one who's passionate about public service and I was passionate about sports and it wasn't necessarily in that order depending on the seahawks scheduled involve died last month after battling a job-related injury and stress he was diagnosed with PTSD and placed on leave last spring's and thought was a firefighter for 25 years leaves behind his wife Kelly and their two sons.

KOPB-FM (Radio)

Oct 2 • 10:00 AM

B_OCT_OREG_13

responders from around the region gathered in Longview Washington to remember fire chief but those seinfeld had been with the Cowlitz County Italian Department for over 20 years before he took his own life last month's suicide has been attributed to job-related posttraumatic stress the local fire and rescue chief Dave Le fave says that the industry needs to talk more openly about struggle with mental health this is an issue we need to discuss and we

need to do it transparently and we need to do with this much effort As we do these ceremonious so that we don't do them again in a statement saying on families chemical was loved by many and respected by all the quote this tragedy is not defined nickel commitment to his family appears and community instead we ask for this tragedy to redefine mental health.

KONG-SEA
Oct 2 • 7:17 PM

B_OCT_WASH_3

Deborah: a surprising new next inside edition. study from the cdc. veterinarians, the people who keep our pets healthy are committing suicide at a rate that is two to three times higher than that of the general population. steven fabian has a look at why and what is being done to prevent it. >> they are the people you count on when your pet is sick but there is an alarming number of veterinarians committing suicide. >> we are supposed to be strong. we are the ones in the white coats. we are the ones fixing things, not the ones who should need fixing. >> one reason is too many vets are cyberbullied. >> were you receiving threats? >> more like we are going to find you, not stalk you but make sure nobody comes to your hospital again. we're going to write bad reviews, tell everyone how bad of a doctor you are. >> they say social media posts like this unfairly target vets for billing people after their pet has died. >> five months of suffering that was completely unnecessary on top of the costs of all of the visits. >> these two vets say a frantic work schedule adds to the intense pressure. >> i can remember calling her at lunchtime and she would tell me, i'm taking a nap in my car. >> julie butner says that her sister jesse works 10 hour days as a veterinarian in texas and was anguished whenever she had to put an animal down. last year, jesse took her own life. >> how difficult is that for you to have to put someone's pet down. >> there is never out there who can do that without taking some of that pain on themselves. >> we get together and talk about things because sometimes only another veterinarian understands. >> deborah: if you or someone you know is contemplating suicide, call the national suicide prevention line at 1-800-273-talk. we'll be right back right after this.

KATU-POR (ABC)
Oct 2 • 6:42 PM

B_OCT_OREG_14

deb: organizers of the out of the darkness suicide prevention walking expect 4,000 people to show up this weekend. it's an annual event to raise money for the cause. coming up tomorrow in our weekly "kind is better" segment, we have an exclusive interview with an organizer of the event. who got very involved for personal reasons. we'll have that tomorrow on katu news at 6:00. the walk will be held saturday, october 5th beginning at 8:30 a.m. at the veteran's memorial coliseum. to register for the walk or donate go to katu.com.

KOPB-FM (Radio)
Oct 2 • 4:45 PM

B_OCT_OREG_15

the majority of U.S. gun deaths are suicides but a new national poll finds that most americans don't know that the poll found 58% of Americans think some form of homicide is responsible for most gun deaths but the reality is that almost two-thirds of all gun deaths are actually

suicide the poll found the misconception to be consistent across rural and urban areas although there was some regional fluctuation

KOPB-FM (Radio)

Oct 2 • 9:19 PM

B_OCT_OREG_16

she told me the really interesting statistic she found she did guns for survey back in 2015 people who have older children who have guns stores their guns the same way as people who don't have any kids at all Jay tweeted I'm a gun owner I use a gun locker one not transporting illegally carrying I don't agree with unenforceable laws however gun owners showing this level of negligence should be legally held accountable in cases of murder Jennifer rights I am a suicide survivor who therefore has no right to gun access the ruling our home is that all the guns must have trigger locks and he's hitting the handguns are in a safe I do not have the code did you know I let you go in a second but I think there's two parts to this that we need to pull apart one is Jennifer saying she has no rights to gun access I don't think I think she means that figuratively not literally legally right Yeah I mean you know we talked about this with a person who I interviewed for this story when Dixon who is talking about is on mental health and the fact that he is very aware of his mental state when he has his bounds on him and how that's very very important for him to have a community that can hold him accountable and that he can rely on on and I think that it's something that is definitely changing the gun community and people are starting to talk about mental health and talking about depression and and suicide which makes up for two thirds of gun that's a really big thing and access has a lot to do with that we know statistically that if a gun is accessible on the risk of suicide becomes more and it's not because guns making suicidal it's because a gun is there and if you're feeling really upset a gun is is there and it's easily accessible so this is something that people are definitely thinking about but there's still some movement that I think needs to be made within the gun community in the larger than communities Holder talk about suicide and how big of an issue it's and one last question Adam tweeted has there been any look into how gun storage laws may place an extra burden on low income families I live in northern michigan where guns are still used as a means of putting food on the table someone making less than the poverty level cannot afford a biometric safe I dt that is a really good point and you know the fact of the matter is these I metrics saves and gun store you know these big States are pretty expensive not everyone can afford them and not pleased at people lock it is a really good alternative you can usually get them for free at your local police station the NSSF National shooting Sports foundation offers them your project child safe and you know something is better than nothing and you know putting those stops in place for looking at it from a suicide perspective putting those stops in place to where someone has to do something and take a step and think about what they're doing is better than no step at all and give you an That free gunlock program one more time for sure it's called project child safe and it's through that season the National shooting Sports foundation NSSF debunk the mood he is reporter with guns and America you can find more the projects reporting and share your stories about the role of firearms in your life online at guns and America got bored I dd thanks for talking to us thank you so much.

KEZI (ABC)

Oct 3 • 11:00 AM

B_OCT_OREG_17

police responded to reports yesterday morning around 3 a-m, that stahl-wellborn may be suicidal and in possession of a handgun. he was taken into custody after struggling with police in the springfield walmart parking lot on olympic street. during the struggle police say he rammed patrol cars that they set up to prevent him from driving away. the suspect also hit k-9 gryff several times in the head, after the k-9 attempted to take him down. after police finally subdued him, they found a loaded gun. the suspect also had a digital scale along with multiple packages of heroin and meth. he faces several charges, including reckless endangering and possession of heroin and meth.

KEZI (ABC)
Oct 3 • 4:05 PM

B_OCT_OREG_18

a person of interest has been identified a 19-year-old man accused of ramming into two police cars in springfield was in court for the first time this afternoon. police say he admitted he was trying to get police to kill him. police got reports that olallie stahl- wellborn was in the walmart parking lot in springfield yesterday morning... and he had a handgun.. and may be suicidal. police say he wouldn't get out of his car, so they boxed him in, so he couldn't leave. they say stahl- wellborn then rammed into the patrol car in front of him.. and the one behind him. police say when k-9 gryff went through a broken window to take him into custody -- stahl-wellborn hit the dog several times in the head. police say after they finally subdued him, they found a loaded gun, a digital scale and multiple packages of heroin and meth.

KATU-POR (ABC)
Oct 3 • 6:42 PM

B_OCT_OREG_19

it's very healing and very hopeful but very emotional at the same time. >> it's been a dozen years since this mom lost her daughter to suicide. this weekend she will join thousands and walk in her honor. the american foundation for suicide prevention portland out of the darkness walk is saturday. katu's genevieve reaume shows how taking those first few steps helped guide that family through their grief. >> danielle's favorite holiday was halloween. >> october was a special time for danielle gentzler. she loved to celebrate on the last day of the month. but next to the decor -- >> we lost her in october. >> a reminder on the first day of october 12 years ago. >> it was unexpected in many ways. >> danielle took her life in 2007. just days after her family learned about the american foundation for suicide prevention and out of the darkness walk. it was too soon in their grief to go but the next year they joined. >> it's all about the experience of the people that attend. >> and walk every year following. their advocacy inspired others to start talking about the tough subject. >> people that we had known for years started reaching out to us. >> they could educate them about mental illness and navigate through the pain. she is saving others including her brother jamie. >> i think that -- if we had not gone through what we went through with her and learned from that that we may have lost him. >> jamie too battled depression and suicidal ideation. he agrees her struggles and his family's transparency is continuing give others hope. >> being exposed to suicide like that at such a young age, i was

ten, i believe, when it happened, i don't know, it just gets you used to knowing that there's a lot of support out there. >> and that you're certainly not alone. genevieve reaume, katu news.

KFXO (FOX)

Oct 3 • 8:20 AM

B_OCT_OREG_20

an attempted suicide survivor is speaking out about mental health. he shot himself in the face nearly 15 years ago... and in 2017 -- he was the mayo clinic's first facial transplant. jennifer austin has his story. ### at the mayo clinic's transform conference andy sandness spoke about the surgery which transformed him. "when i first saw it, i'll never forget, just looking in that mirror - just wow. that's all i could say, was 'wow.'" andy is the mayo clinic's first face transplant patient. the surgery - in 2017 --- took 56 hours...roughly 40 surgeons and nurses...and completely changed andy's physical appearance. but speaking to a crowd at the mayo civic center...he didn't just talk about the physical. "you know you feel you hit rock bottom at that time." andy needed that face transplant because in 2006...at 21 years old and battling depression...he shot himself in the face. "i built up a wall and i wouldn't let nobody in. and finally it just got to the point where it just exploded and there was no controlling it." he took the stage...with his psychiatrist and surgeon...talk about the surgery which gave him a new future...and the mental health problems he says led up to it. "if you are feeling these thoughts and feeling you just need to get it out there and you need to talk to someone." using his new future...to help save someone else's. "if i could just help one person to just reach out to somebody and that's it. that's all i ask." ### and that was jennifer austin reporting. if you or someone you know is having suicidal thoughts...please visit ktvz dot com under the community tab and click "let's talk" for a number of local resources.

KVAL (CBS)

Oct 3 • 9:53 AM

B_OCT_OREG_21

a eugene man who was reported as missing, armed and possibly suicidal is in quite a bit of trouble now... and facing multiple charges. police say when they tried to arrest olallie stahlwellborn, he rammed two different springfield patrol vehicles. s-p-d says they found heroin, meth, and a loaded gun on him when they took him into custody.

KATU-POR (ABC)

Oct 3 • 6:15 AM

B_OCT_OREG_22

about 4,000 people are expected to show up for the out of the darkness suicide prevention walk. >> the annual event raises awareness and funds for the american foundation for suicide prevention. the foundation invested in research, creates educational programs, advocates for public policy and supports survivors of suicide loss. robin ganzler lost her daughter to suicide in 2007. she and her family have participated ever since. >> . >> it's our way of honoring her and allowing her to help other people. >> hear more from her family tonight in our kind is better report during k-2 news at six this evening. the walk is saturday morning outside veteran's memorial coliseum. registration is at 8:30, the walk is t a ten.

KREM (CBS)
Oct 3 • 5:00 PM

B_OCT_WASH_4

the spokane task force that was trying to reduce suicide calls on the monroe street bridge is no more. it disbanded last spring. grim news amanda nd out what happened to their plans to add safety barricades to the bridge amanda in january last year. spokane human rights commission created the suicide prevention task force. the group focused its efforts on reducing the number of suicide calls from the monroe street bridge. that task is now in the hands of a different group. the monroe street bridge is the location of about 20 suicide calls each year. that's according to spokane police spokane suicide prevention task force set out to stop that number from growing major studies have shown installing barriers on bridges reduces the number of suicide attempts. so the task force looked into adding telephones directly connecting to a suicide hotline netting or artistic barriers to them in rose street bridge. but these ideas never came to fruition the task force was closed down before the city council even received a final report with its recommendations. now these efforts are in the hands of the prevent suicide spokane coalition. it's partnered with the spokane regional health district coalition chairs sabrina. tavis says the bridge is a small part of a bigger picture because if somebody does fall through the cracks of that prevention effort and they do get to the point where they're in immediate risk that also we have to keep them here in order to do that prevention she says the coalition wants to approach suicide prevention a bit differently than the task force did. i just would hope that the community knows that the intention of this group is not to take away from any of those things it's to enhance the enjoyment of the bridge for everyone because there are a lot of people who have been negatively impacted and taking on this topic can be no easy task. went to vote tarver tells me she's glad to hear that the community is still invested in this topic enough to keep that conversation going.

KING-SEA (NBC)
Oct 3 • 6:09 PM

B_OCT_WASH_5

mental health can affect anyone. the group often overlooked is first responders. just last month the battalion chief, mike is in filled died from suicide. his family is working to make sure other families do not suffer the same loss. >> the first words that kelly said to me was do not let this happen again. >> if any silver lining can shine, it is this. >> we need to discuss this transparently. >> mike zanesfield's passing left a hole in this community. >> mike was a friend that would give you the shirt off of his back. he was fun, laughing, jovial person. >> reporter: his friends want his death by suicide to help break the stigma. one firefighter said this can stop people from seeking help. >> there is still the old school stigma of we are going to be tough guys and we can get through this and that is just not the case when you have to see the things that we see on a daily basis and the volume you see it in, it takes a toll. >> reporter: mental health issues and trauma are rampant among america's first sponders. they see death and destruction constantly. after tackling their own challenges, these firefighters are trying to get others to talk to each other about their struggles. >> let people know that it is okay to not be okay. >> reporter: he

made the sweatshirts as part of an awareness campaign. >> i'm trying to help my peers that are hurting as well to try to help navigate and get the help that they need. >> reporter: after tran 40s passing, it is even more pressing. >> we have to move forward and get into a place where we are comfortable having those conversations. >> they want their peers to know that there is help out there although navigating the system can be grueling. >> finding resources was difficult. >> reporter: they feel the need to be more resources for first responders. >> moving forward, we need to try to identify better resources and management for issues. it is an environment that advocates for people coming forward and speaking about their issues and asking for help.

KREM (CBS)
Oct 3 • 6:32 PM

B_OCT_WASH_6

the spokane task force that was trying to reduce suicide calls on the monroe street bridge is no more. it disbanded last spring grab amanda rowley found out what happened to their plans then to add safety barriers rather to the bridge in january last year spokane human rights commission created the suicide prevention task force. the group focused its efforts on reducing the number of suicide calls from the monroe street bridge. that task is now in the hands of a different group monroe street bridge is the location of about 20 suicide calls each year. that's according to spokane police spokane suicide prevention task force set out to stop that number from growing major studies have shown installing barriers on bridges reduces the number of suicide attempts. so the task force looked into adding telephones directly connecting to a suicide hotline netting or artistic barriers to the monroe street bridge. but these ideas never came to fruition. the task force was closed down before the city council even received a final report with its recommendations now these efforts are in the hands of the prevent suicide spokane coalition. it's partnered with the spokane regional health district coalition chair sabrina. tavis says the bridge is a small part of a bigger picture. because if somebody does fall through the cracks of that prevention effort and they do get to the point where they're in immediate risk that is also we have to keep them here in order to do that prevention. she says the coalition wants to approach suicide prevention a bit differently than the task force did. i just would hope that the community knows that the attention of this group is not to take away from any of those things it's a two enhance the enjoyment of the bridge for everyone because there are a lot of people who have been negatively impacted. taking this topic on can be no easy task but montalvo tells me she's glad to hear the community still cares enough about suicide prevention to keep the conversation going.

KDRV (ABC)
Oct 4 • 4:06 PM

B_OCT_OREG_23

the trail Christian fellowship church in eagle point, is now facing a new lawsuit from a woman.. who says she was sexually abused as a child. the lawsuit says that the abuse began in 2008.. when she was 14 and attended the church's youth group. 23-year-old jacob durrett is the man that was accused of abusing her, according to that lawsuit. durrett was also involved in the youth group at the time. the suit states that durrett was sexually abusing girls he met in the

group. durrett was arrested in 20-15 and charged with four felony sex abuse charges. the case was later dismissed after he committed suicide before the trial. the lawsuit is claiming that the church received multiple reports from an underage girl about the abuse.. but no one intervened. the suit is asking for 4 million judgment in favor of the plaintiff ... and is demanding a jury trial.

KGW-POR (NBC)
Oct 4 • 5:17 PM

B_OCT_OREG_24

the first time in more than a decade oregon senator ron wyden and former republican senator gordon smith sat down for a tv interview and joined me for this week's straight talk to talk about mental health in america and what congress can do to improve mental healthcare policies. wyden and smith represented oregon together from 1996 to 2008. they say they're bonded by mental health challenges in their own families. smith with a suicide of his son garrett and wyden whose younger brother battles schizophrenia. they also reflected on their bipartisan relationship and what today's congress can do to work together, too. >> ron and i laid down our swords and said, you know, when it comes to oregon's interests, we can do a lot together. >> you had town halls together. >> and we met for lunch once a week to figure out where we were on our agenda and getting done what we had learned in statewide town halls. it was very productive and enjoyable. >> he was the great israeli diplomat who said the americans always get it right and he paused and he said after they've tried everything else. maybe we're in the everything else department, but gordon and i had some ways to show people how to get beyond the fighting. >> this week senator smith presented senator wyden with an award for his advocacy on mental health issues. you can see the entire interview on straight talk tomorrow at 4:30 on kgw or read the story now on www.kgw.com. it's also available on podcast. just search kgw straight talk.

KATU-POR (ABC)
Oct 4 • 5:08 PM

B_OCT_OREG_25

steve: also to the family of a firefighter who died by suicide will collect insurance benefits from his death. cowlitz county battalion chief died september 20th, was laid to rest this past monday. washington state law recognizes ptsd as an occupational disease for firefighters, medics, and law enforcement. his death was ruled in the line of duty. his family is expected to receive insurance, health care, and educational benefits because of that law. >>> organizers expect 4,000 people at tomorrow's out of the darkness suicide prevention walk. our "kind is better" partner 95.5 will also be there to raise money for the american foundation for suicide prevention. it's not too late to donate or take part. you can get all the information you need at katu.com.

KATU-POR (ABC)
Oct 4 • 6:17 PM

B_OCT_OREG_26

organizers expect 4,000 people to show up for the out of the darkness walk tomorrow morning. sponsored by the american foundation for suicide prevention, for many people it's a deeply personal event. rosenstein begin is an organizer of the event and motivated by the tragic loss of her daughter danielle. a dozen years ago. they've used the walk not only to honor danielle's memory, but to educate as many people as they can about how preventable suicide is. >> there's a lot of people who are out there who are struggling, feel alone. sorry. and for us, it's -- it's an opportunity to help other people. >> deb: the walk will be held tomorrow at 8:30 a.m. at vetera coliseum. you can expect to see our partner in "kind is better" 95.5 there. one of the radio hosts and a member of the "kind is better" youth advisory board is walking, raising metropolitan for afsp right now. to register for the walk, or to donate go to our website, katu.com.

KATU-POR (ABC)
Oct 5 • 8:45 AM

B_OCT_OREG_27

it's very healing and very hopeful that very emotional at the same time. >>it's been over a decade since this mom lost her daughter to suicide. but today she's honoring her by joining thousands of others at the out of the darkness. walk catches genevieve very own. shows us how taking those 1st few steps helped guide that family through their grief and also. >>holiday was definitely hollowing. >>october was a special time for danielle gansler she loved to celebrate the holiday on the last day of the month. but next to the decor. >>we lost her in october. >>a reminder she so desperately needed on the 1st day of october 12 years ago. >>he was kind of unexpected in many ways. >>danielle took her life in 2007 just days after her family learned about the american foundation for suicide prevention and the out of the darkness walk it was too soon in their grief to go but the next year they join. >>it's really all about the experiences of the people that attend and walk every year following their advocacy inspired others to start talking about the tough subject >>people that we had known for years are now reaching out to us they could educate them about mental illness and navigate their own route through the pain you are not alone >>doing her legacy is that she saving others including her brother jaimie i think that if. >>we hadn't gone through what we went through with her and learned from that that we may have lost him >>jamie to battles depression and suicidal ideation. >>i kind of know what it's like to be in her place. >>he agrees her struggle and his family's transparency is continuing to give others hope being. >>exposed toicide like that at such a young age because i was 10 i believe it happened um i don't know i just kind of getting used to knowing that there's a lot of support out there >>and that you're certainly not alone. genevieve ray own key to news. >>when the guns lehrer's 1st started doing the walk a few 100 joined them but today 3 to 4000 are expected to walk it is happening right now at the veterans memorial coliseum you can expect to see our kind is better partners. 955 to donate go to our website k. a. 2 u.com

Fox 12 Plus
Oct 5 • 8:05 PM

B_OCT_OREG_28

walking to bring suicide out of the darkness -- thousands of people came together in portland today with messages of hope and healing. families touched by suicide took part in the "out of

the darkness walk" at the veterans memorial coliseum. funds raised will help the "american foundation for suicide prevention" achieve its mission to raise awareness about suicide prevention. many there wore t-shirts with names of loved ones... others carried messages of hope. audrey king says, she lost her 15-year-old son to suicide in 20-11. she's walked every year since his death. i see people that i recognize from over the years and you connect with them and just being here to support one another. everybody's going through a different process and and it just takes time. today's walk raised more than 220 thousand dollars. that surpasses the 215-thousand-dollar goal. fox 12's "better together" initiative focuses on ways our community promotes mental wellness. if you, or someone you know, needs help -- there are people out there, ready to listen. for more information about this story and to find out about more resources -- head to our website at kptv dot-com slash "better together."

KGW-POR (NBC)
Oct 5 • 5:36 PM

B_OCT_OREG_29

today is the out of the darkness walk. more than 3000 people gathered at veteran's memorial coliseum and walked down to the Hawthorne bridge and back put on by the American foundation for suicide prevention. the event raises awareness and money to invest in research, education and support for those who have lost loved ones to suicide. >> if we come along we can do this prevention together and there is hope. >> today's Portland event raised more than \$220,000. it is estimated that more than 250,000 people will take part in out of the darkness walks we want to make sure you have the number here.

KGMI News/Talk 790 (Radio)
Oct 7, 2019 • 1:05 PM

B_OCT_WASH_7

we talked to a group called parents television Council that had some real concerns about a Netflix TV series called 13 reasons why it's about teenagers and it's about suicide and what they pointed out was at the National Institutes of health the done a study in which they pointed out that is soon as the Serb shortly after this series began running on television there was a spike in teenage suicide so this series appeared to be changing the landscape in enough in a negative way in the same way that for instance the series on I think it's a teen mom was a series when it began running within a year or two teenage pregnancy went down because a lot of teenagers watch the show a lot of them said it's not all it's cracked up to be to be a teenage mom and again it is true that media had Does have a tendency to change people's attitudes about things so with all that background knowing 13 reasons why appears to be a series on television on Netflix and parent should be controlling with their kids see what you can't control as much is what is pushed on your kids in public schools and for instance this e-mail but I got on the parent of a child at a middle school my daughter is 11 in the 6th grade I'm emailing because she came home with an assignment to read 13 reasons why in writing class well I decided we should talk to Chelsea about his legal last name off Chelsea welcome to the program I think he you're the mother of this 11 year-old daughter and she comes home and she says I've been assigned to read this book I ask you does the book track along and served in the same way a pretty directly with the television series that has been some controversy and what did it tell me it absolutely

does I personally have not fully read the book yet I have been skimming it and it absolutely follows the TV experience now do you think of that book is appropriate reading as a school assignment for your 11 year-old daughter absolutely not if what senator Yeah what kind of but thank God it state suicide rate been met with slut shaming I'm creepy kid working in windows being keeping calm and also have a chapter dedicated to a teenage boy being raped by 3 other teenage boys and that and all of this is a sign reading for your 11 year-old daughter Yes and it has been a righting off not in the hope the clock if not in humanity off and I was not notified about getting weird but perfect and I'm I guess jumping ahead a little bed a teacher who's interested in teaching kids about writing could choose from literally thousands of different books better age appropriate and that might spur a young boy or girl to explore different ways of riding without having to push a grape and drug use and suicide on 11 0 exactly so have you gone to school authorities Conestoga middle school and said to them I'm unconcerned about what you're pushing my daughter I have not yet I was going to do that today I want and you can't other parents opinions first and see what other parents had felt I hope someone to contact the news source for me yet to get back out there that our schools are pushing bent on two children.

KFXO (FOX)
Oct 7, 2019 • 8:20 AM

B_OCT_OREG_30

many teens who attempt suicide use over the counter medications. that's according to a new study from nationwide children's hospital. this is pretty alarming...it shows there have been over 1-point-six million cases of intentional self-poisoning among youth and young adults over the past two decades. the most commonly used medications were over-the-counter painkillers like ibuprofen...followed by anti-depressants. experts urge parents to safely store any kind of medicine when kids and teens live in the home.

KLSR (FOX)
Oct 7, 2019 • 7:09 PM

B_OCT_OREG_31

great story. up next on Oregon's news at seven, research into the relationship between oxygen and human cells as parents three scientist in health news... over-the-counter pain medication >>> and health news over-the- counter pain middle patients are used in suicide attempts and young Monday pope Courtney from nationwide children's hospital. antidepressants were the second most commonly used drugs to self-poison among 2 to 24-year-old's. in younger children between 10 and 15 years of adhd medications were common and had the highest risk of serious medical outcomes.

FM News 101 KXL
Oct 7, 2019 • 8:47 AM

B_OCT_OREG_32

Hillsborough schools are screening a growing number of students for suicide the former Tribune says the District recorded 101 suicide screenings in 2013 2014 school year 4 years later they have 352 students who might be thinking of killing themselves based on input from staff

are subject to screenings the first question screeners ask is you thinking of killing yourself next is you have any means to carry out the plan research shows these questions are the most effective way to intervene if the person is thinking of killing themselves

KOPB-FM (Radio)

B_OCT_OREG_33

Oct 8, 2019 • 5:00 PM

the results of a survey by the University of Oregon journalism student show half of the state's largest school districts don't have a plan for how to teach suicide Prevention Elizabeth Miller reports University of Oregon's catalyst journalism project put together the survey which asked 40 gordon square district how they teach suicide Prevention in the classroom according to catalyst the results varied some districts these pages from textbooks and others have students create suicide Prevention messages to place around school a new law requires all school districts have suicide Prevention plans in place by the start of the school year.

AM 860

B_OCT_OREG_34

Oct 8, 2019 • 5:30 PM

a failing grade forward schools on suicide Prevention deep Portland Tribune reports a recent survey found that districts using only a patch toward method of curriculum to teach suicide Prevention the U-boat journalism project survey found that about half of the school District's lack of evidence-based plans to deal with the growing health problem.

KHQ (NBC)

B_OCT_WASH_8

Oct 8, 2019 • 5:05 PM

right now, the spokane county sheriff's office is investigating the death of two elderly people at a home east of chattaroy. deputies responded to the home on north scotts ridge lane.. right between chattaroy and mount spokane state park. the initial call was reported as a welfare check for a possible suicide.. but when they arrived deputies found two adults inside the home and medics confirmed both were deceased. major crimes detectives are investigating these deaths, but right now the sheriff's office says they do not believe there is a threat to the public at this time.

KDRV (ABC)

B_OCT_OREG_35

Oct 9, 2019 • 5:00 PM

medford officers cleared-vo medford police officers won't face any charges for their involvement in a shooting last month. a grand jury cleared them of charges. steven myers was shot by a medford police officer on september 22. police responded to a call for a possibly suicidal man. looking in through the window, one officer saw a trail of blood in the house. officers tried calling to myers to get him to come out. they got no response but thought they could hear someone in the house. officers entered the house. police say myers wouldn't drop his knife as he made his way to the front door. one officer shot his gun. two others fired their tasers. myers was taken to the hospital. he was treated for the gunshot wound to his stomach

as well as self-inflicted cuts to his wrists and neck. he also had stab wounds to his stomach. the grand jury determined the officer's use of force in this case was justified. myers is still facing charges.

KOIN-POR (CBS)

Oct 9, 2019 • 4:05 PM

B_OCT_OREG_36

most of the \$30 million lawsuit filed by a wounded oregon state police trooper has been dismissed. nic cederberg and his wife sued washington county's 911 center saying he wasn't warned the man who shot him 12 times had just killed his wife and was suicidal. the federal judge concluded dispatchers did not intentionally withhold information before the shooting on christmas day 2016. the judge also dismissed the part of the lawsuit that accused a sheriff's deputy of failing to arrest james tylka about a month earlier for domestic violence. cederberg is still suing legacy meridian hospital for not putting a mental health hold on tylka when he tried to kill himself after the domestic violence.

KEZI (ABC)

Oct 9, 2019 • 5:10 PM

B_OCT_OREG_37

there's a new documentary out about the alarming rise in teen anxiety, depression and suicide. in tonight's project safe family: it's called "screenagers: the next chapter". delaney ruston came out with the screenagers... three years ago... when she was trying to decide whether to give her daughter, tessa, an iphone. ruston thought she had things in order... until tessa started to struggle with depression. she says a major takeaway from her research... a lot of kids feel like they can't talk to anyone, even their parents. ruston says there are solutions. i often just use the phrase that sounds really hard and it works wonders, and i can see the aggravation and the sadness come out of her.// stitch some of the things my parents said that really helped in the moments of hardship were a, you're doing the best you can for where you're at and what tools you have. my mom especially reiterated that// i wouldn't be feeling this way if i had the choice. ruston says when it comes to kids and screen time... agree on the rules. she says to look at things like mealtimes. privacy, time management... appropriate posts, online bullying and kindness.

KPTV-POR (FOX)

Oct 9, 2019 • 10:47 AM

B_OCT_OREG_38

tomorrow is world mental health day and a local event is helping end the stigma surrounding mental health and mental illness. joining me now is dr. james polo from cambia health solutions. thank you for coming in today. >> my pleasure. >> stephanie: let's talk about the importance of having a world mental health day. >> mental health is one of those things that really creates a lot of stigma. world mental health day is about drawing attention and awareness to mental health and the importance of the fact that people suffer from problems and helping promote the idea treatment is a good thing and we don't have to be afraid of mental health. >> stephanie: cambia health is holding an event tomorrow called stop the stigma. what can people expect at this event? >> we're bringing in a couple, laura and todd

crooks and we're going to screen their documentary "chad's legacy" which is the story of their son's journey through his mental health t. and afterwards we're going to host a panel and have a discussion about stigma and mental health and people can expect to get involved in that. >> stephanie: what does this documentary include? does it walk through his life? why did you want to make a documentary part of this event. >> the documentary shows how difficult it is when folks do have mental health problems and how families can sometimes struggle getting help. and it shows the tragic side that sometimes cases lead to a bad outcome. this year's theme for world mental health day is suicide prevention so we're talking a little bit about where suicide plays its role in mental health. >> stephanie: cambia is located in portland. how do most of our viewers know you? >> cambia health solutions is a company focused on transforming health care so we can make it person centered and decrease the costs to make it affordable for everybody. your viewers knows it as regionance, blue cross in oregon, the largest in the state. our focus includes mental health. >> stephanie: we're all so busy in our day-to-day lives. what are things to do when we're looking ahead to world mental health day that really can keep us in the best and healthiest state of mind? >> that's a great question. we are surrounded by stress all the time. we're in constat motion. one of the best things we can do is balance things and one of the things that makes people happy is being connected to others. doing things that they enjoy but doing it with people that they enjoy being around and just kind of being together and taking time away from work and taking time away from the things that cause stress. >> stephanie: i think one of the things that maybe if you are dealing with depression or you said i think something interesting is reaching out to others and being around other people because maybe it can be easier to retreat especially when you're feeling down so talk more about why you want to maybe talk to somebody else or if you are having some sort of mental health issues, open that conversation up. >> when struggle with emotional things we generally actually need to talk about it and we tend to want to talk about it but we want to talk about with people that aren't going to judge us, people that know us, people that will still kind of accept us for who we are. and so it's important to be surrounded by people that are not going to judge you. and so being connected to folks that are friends and family can be very helpful particularly when you're struggling with something that's emotionally difficult. >> stephanie: that was great. thank you so much, dr. polo, for being here. >> my pleasure

KTVL (CBS)
Oct 9, 2019 • 3:10 PM

B_OCT_OREG_39

a student from ashland high school made a shooting threat on social media and has been taken into custody. the male student posted a picture of himself with a gun and a warning not to go to school today on instagram. let leslie come ashland police received information about the threat paid those investigated by officials and the gun was found to be a bb gun paid he was taken into custody for disorderly conduct per >> if you are looking at the picture, you're staring at the barrel of what looks like a handgun and there was text written onto the image, don't come to school tomorrow. so i was that this is very concerning to the officers last night looked into this immediately and they talked to the young man. they talk to his parents. >>> ashland police say it's very important to take these kinds of threats of suicide. it's still under investigation by the department and s in high school.

KIRO-AM (Radio)
Oct 9, 2019 • 11:15 AM

B_OCT_WASH_9

you've been following the pot because a woman maybe love you get too close to his heart now I don't know what the stock he got a lot on his mind what he told me that is better if he'd be gone and he commit suicide because he is losing people that you write about it looked like he try to live happy for letting that go all right so we like it better he tried to take his own life he said this is why I couldn't get my I had cases sun lamp Daddy don't have the same unit egos night night turn off the lines turnout in nice you don't want China Sea was going on in his life food so he started out describing had this is a poll about his friend who was threatening to commit suicide a contact to they care Robert Frost I know miles to go before rise sleep that's all about suicide Down and that is what we know is about life you think that's it I think that limits the poll but still okay fine Yeah over that as long as any I took a class a rare earths with whom I met you ahead when I wrote my life full of Pittsburgh had on the back of the shirt I had written on a T-shirt miles to go before we sleep you don't stop off this stupid Amish bakery and some guy with a big long beard a professor by the way and you work for a community college should you know the reference since Robert Frost Pope and and and the though horse must think it's clear that stop something some new year and Yes he did it error could the farmhouse in snow units miles to go before the pieces Robert Frost was talking about a bit you okay fine Art loved and I think what has miles to go before Rice sleep sleep is a metaphor for dad then you could argue it's about life before the death because of miles ago he's not giving up so it's an ante suicidal.

KBNZ
Oct 9, 2019 • 8:13 AM

B_OCT_OREG_40

every day many americans wake up worrying about the mental health of a family member or loved one. an estimated 47.6 million adults in the u.s. experienced mental illness last year. that's oneve in fis adultin this country. this morning, we're announcing an upcoming special show to dr adisess th urgent issue. >> "cbs this morning" will broadcast a live town hall "stop the stigma," a conversation about mental health on october 23rd. it will feature a live studio audience of people affected by mental illness in various ways and hear from medical professionals. "queer eye" star karamo brown, my apology, will discuss his experience with depression. we'll speak to lady gaga's mother, cynthia, about how mental illness has affected a family. many more names will be announced soon. our goal is to launch a national conversation to help break down stigma surrounding mental health. dr. sue varma is among the experts who will participate in the town hall. she's a fellow of the american psychiatric association. one of the many organizations we are consulting with for the special show. she joins us now. thank you for being here. >> thank you for having me. >> stigma and mental health. these con seft -- concepts are intertwined and shouldn't be in this country. what is the impacts of stigma on -- the impact of stigma on people's ability to get what they need. >> it is detrimental. stigma is

about lack of education, lack of awareness, and times even when people have both it comes down to a lack of compassion and empathy. we have an anything, but how will it translate into action? that's what we need. we need action. we need people on every level to understand not getting the help we need only makes the problem worse. when we have stigma, we are creating shame and blame. when we blame somebody for having type-one diabetes, we would not. would we blame someone for having the flu or broken arm, this is no difference. >> you say blame and shame get you nowhere, but it exists. why do you think after all this time and so many well-known people have come out talking about it, people have members of their family that suffer from mental illness. it's still there, why? >> we don't think of the brain as an organ. when we see behavior we think they have a capacity to change. the reality is a lot of times people are not aware of the symptoms. we need to know what the symptoms. somebody says just snap out of it. if you had a 103-degree fever and were suffering from the flu, how effective your family said snap out of it? >> what are some of the most significant stigmas? >> we think that somebody can change if they're drinking, if they're abusing substances, we think it's a moral failure, that they didn't try hard enough. one thing that's interesting is when people die by suicide, if we want to think of it as somebody dying by cancer, how would it change? the person didn't want to live. any time you have a mental illness or have suicide it affects not only a family, a society, a community of people who are left behind feeling like failures, people who are experiencing it feel like failures. >> talking about the way we are helps break down the stigma. what else can we do? the science is clear. the health ramifications are clear. how do we break through to change this -- this system? >> i think it's so important that people who are celebrated in our community, who are seen as very strong, if they're able to come out and share their struggles as we have seen, we see that this can be a part of a normal person's life. if we're talking about one in five people, we look around the room right here, all of us are struggling with something some point in our lives. so normalizing it and people who -- we put on pedestals, who are our heroes, they need to come out. when we need to open up when they're struggling with something. we need to shed a positive light. if you're going to share the best restaurant that you've been too, why can't you tell them the best therapist you've been to? talk about the positive experiences of getting help. focus on that aspect. >> struggling with things like what? you hear mental illness, and that's a big brush. >> yes. >> mental illness, struggling with what -- struggling with what? >> if you're dealing with major depressive disorder. somebody saying i have difficulty getting motivated, i don't want to get out of bed. i lost pleasure in things i once had, i'm gaining weight, i can't concentrate, i'm anxious, having difficulty making decisions. or somebody saying i have fluctuations in my mood. bipolar disorder, sometimes i feel elated, there are episodes when i can get work done, i feel great, and i feel i can buy things in different colors. >> isn't it true that sometimes people don't recognize they're even -- this is a problem. >> no. yes, we have -- they think what the difference is between going back to a baseline if you're going out of depression and into manic episode. >>

KOIN-POR (CBS)
Oct 9, 2019 • 6:02 PM

B_OCT_OREG_41

most of a \$30 million lawsuit filed by a wounded Oregon state police trooper has been dismissed. nic cederberg and his wife sued Washington county's 911 center saying he wasn't

warned the man, who shot him 12 times had just killed his wife and was suicidal. but a federal judge concluded dispatchers did not intentionally withhold information before the shooting, on Christmas day 2016. the judge also dismissed a part of the lawsuit that accused a sheriff's deputy of failing to arrest james tylka about a month earlier for domestic violence. , however, cederberg is still suing legacy meridian hospital for not putting a mental health, hold on tylka when he tried to kill himself after the domestic violence.

KMVU (FOX)

Oct 8, 2019 • 11:05 PM

B_OCT_OREG_42

in another story we are following, massachusetts murder suicide, joseph zaccardi, the struggling children's book author along with his wife and three children were tragically discovered dead from gunshot wounds inside their home when a relative arrived to take the kids to school. chris spargo in the new york newsroom, what you have for us? >> a heartbreaking and incomprehensible story out of massachusetts. police are still trying to determine what happened in the hours, days, weeks, and months before the death of the zaccardi family members. they first found the body of deirdre, unresponsive and laying on the downstairs couch where she was still bleeding from a gunshot wound. no information on where in the house joseph's body was found or her three children, police are working hard to determine the motive. the local police noting that there was no just messed domestic disturbance. and could be an isolated incident. joseph had published a number of children's books, and he recently said that he was unemployed and going crazy on facebook. the relatives have asked for privacy at this time. >> jesse: the thoughts are with the family during this difficult time. chris spargo, thank you

FM News 101 KXL

Oct 8, 2019 • 9:15 PM

B_OCT_OREG_43

I'm like Moelis euros to grow 0 approaching the issue of the alleged suicide Jeffery Epstein know that there are a lot of conspiracy theories about how the picture is going viral on the Internet a few more words it's impossible for him to commit suicide his cell the surveillance system continues to function when he allegedly died gosh it all and of course is dead is also an excuse for clinton death list today around and I can go on about what I've read and seen but all I can say is that most of what you're hearing and reading on the Internet is again there for clicks likes and all that stuff on social media we really can't blame the Pope public for feeling a little paranoid about the rocks at the center of government after after two mass shootings which have put americans closer civil war jeff jeffrey have seen should be a lesson in how the public tends to swallow whatever theory it's a political normalcy by its with the media some everything up as one big mystery and conspiracy theories put the puzzle pieces together trying to find out who done it all the more reason why americans want to arm themselves against recklessly robe and sinister government as Singh's death should be seen in as a blatant indication the deep state is fragmenting and panicking and so they want to do some reality testing right now they have been doing this since Russia take away.

phone after the news one no one financier Jeffrey real money behind Brendan for jeffy good being with you and you meet indie movie jeffrey axes apparent suicide quickly led to a flood of conspiracy theories online efforts to paint a different picture I have a sex offender actually died hashtag linking powerful figures like President Trump and clinton and trended over the weekend even the President himself reached a conspiracy media about esteem and clinton we are now learning of serious irregularities at this facility are deeply concerning and demand for road invested this is the best that can be studied for the next 15 20 plus years there's still no sign of foul play and suicide is still presumed to be the leading cause of all Unsealed and alleged victim of that Stephen a listings apparent suicide system to corrections so directed her to have sex with several politically it comes one day after thousands of pages of a dog connected and financially powerful men when she was talked we're my I ever publicly we could do an invited audience we got our own investigations now underway to figure out how Jeffrey Epstein and tools that the trafficker registered sex offenders and men of a certain tightness in the end of the week

Emily: today is world mental health day, a day devoted to raising awareness and reducing the stigma surrounding mental illness. dan: in the u.s. an estimated 20% of adults experienced mental illness last year. Hilary lane shows us some of the famous faces who are trying to get the word out that help is available. Hilary: prince harry teamed up with music superstar ed sheeran on Instagram to promote world mental health day. >> reach out make sure your friends, strangers, look out for anybody who might be suffering in silence. we're all in this together. >> thanks for watching. hilary: the prince also toured a school in nottingham, england that offers mental health initiatives to young people. the focus of this year's world mental health day is suicide prevention. close to 800,000 people die due to suicide every year worldwide. >> suicide is often an impulsive action. >> doctor leslie heinberg of the cleveland clinic says people who attempt suicide and survive often express regret almost immediately so it's important to intervene. >> the more that we act and act repeatedly we can hopefully move them past that impulsive moment into a safe spot. >> michael c. bryan lost his mother to suicide. he has also tried to take his own life. >> that shame component to suicide, that shame component to depression. that feeling, it's dreadful. >> now he helps others in crisis. >> when you're feeling good, think about how good your life is, focus on what's good in your life because when the dark times come they won't be as dark and they won't last as long and that's from direct experience. >> bryan says for people who are at risk, remember there are people like him out there who have been through it and are willing to help. hilary lane, cbs news, new york.

KTVL (CBS)
Oct 10, 2019 • 5:03 PM

B_OCT_OREG_46

we're learning new details about an officer involved shooting last month. a suicidal man was armed with a knife and was shot after lunging at officers. two officers used a taser's, one absurd did fire shot. they said that training was not relevant because myers was a nonverbal. they said the shooting was justified according to a grand jury. myers is awaiting criminal charges in that incident.

KOIN-POR (CBS)
Oct 10, 2019 • 5:05 PM

B_OCT_OREG_47

jeff: a 19-year-old troutdale man is in federal custody right now, accused of sexually exploiting children on instagram. police say anthony lozowski exploited about 100 children, they say he got the kids to send him sexual pictures and videos of themselves, and then used the images as blackmail. they say he demanded they send more pictures, and told at least one girl, who was 12-years-old, to have sex with him or he'd release her pictures. investigators say two of the kids told him they'd commit suicide, but he kept extorting them.

KOHD (ABC)
Oct 10, 2019 • 5:30 PM

B_OCT_OREG_48

today is world mental health day, a day devoted to raising awareness and reducing the stigma surrounding mental illness. >> this year's focus is suicide prevention. 800,000 people die of suicide around the world every year. prince harry and ed sheeran asked those who suffer from mental illness to reach out to friends and family.

KOBI
Oct 10, 2019 • 6:05 PM

B_OCT_OREG_49

it's mental health awareness day. a day bringing attention to the millions across the united states... affected by mental illness. this week, california has launched its first statewide mental health resource. it's a staffed phone line... and free to use. nbc5's amanda rose joins us live in studio to explain, amanda? craig... kristin... the warm line, as it's being called, will be staffed for most of the day to start... but the hope is that it will eventually be a 24/7 service. siskiyou county behavioral health services says it will provide extra support someone may need... before it becomes critical. "i have these feelings that i'm afraid im going to harm other people or myself." at siskiyou county behavioral health services... calls from someone experiencing a mental health crisis doesn't look and sound the same. "i don't know what to do, my spouse or significant other is out of control, we're not feeling safe." clinical director, tracie lema, says the out patient facility responds to roughly 80 to 1- hundred crisis interventions every month. those are people in need of immediate psychological care. "often that persons that truly having a mental health episode is experiencing that internally." but lema says not every mental health crisis needs an urgent response. "really it can run the gamut between exceptional suicidal and

homicidal to what we call grave disability which is i'm just so distraught, i can't take care of my needs." lema's facility serves over 1- thousand adults and children every year... so she sees a new statewide mental health phone line... as a huge win for california. the 'warmline' as it's being called has people with experience with mental health issues taking the calls. "there are millions of people in the world who have mental health conditions that may ever rise to the level that we treat. the hope... is that this new resource can provide the extra support someone may need... before a mental health crisis becomes critical. "they know what it feels like to sit and wait for the crisis worker." it may even help to break the stigma behind mental illness. "and not judge or stigmatize or maybe take a moment to understand they may be going through something and maybe being open an listening... may save their life." according to the warm line's website, the mental health resource has already had over 28-thousand calls and chats a day... averaging 2-thousand per month. the phone line initially started in san francisco... and has now expanded across the whole state. you can reach the new warm line in california by calling 1-855-845-7415. live in studio, amanda rose, nbc5 news.

KAPP (ABC)

Oct 11, 2019 • 5:05 PM

B_OCT_WASH_10

a west richland man who pleaded guilty to the murder of 53-year-old alisa brewer has been sentenced to 20-years in prison. 25-year-old william lee was found guilty of strangling brewer to death in december of 2018 in the fairway apartments. after killing brewer, lee called 9-1-1 and admitted to the crime---threatening to kill himself. in court today dozens of friends and family members of the victim held pictures of brewer---lee apologized to her loved ones during the hearing

KEZI (ABC)

Oct 11, 2019 • 11:40 AM

B_OCT_OREG_50

suicide is a serious public health issue that has touched the lives of thousands of lane county residents. that's why the city club of eugene is hosting a discussion about suicide prevention today. it will describe the risk factors, prevention strategies, crisis assessment, and hope and recovery after a suicide attempt. the event starts at noon. it's at the u-of-oh baker center and everyone is welcome. admission is five dollars if you are not a city club member.

KEPR (CBS)

Oct 11, 2019 • 11:00 PM

B_OCT_WASH_11

we begin tonight with the update and conclusion to the brutal murder of a woman last december. they will spend the next 20 years behind bars for the attack. the courtroom was packed with the 53-year-old friends and family who wanted justice for her death. they sat quietly holding pictures of her waiting to hear him sentence. our reporter has the story. >> 20 years behind bars. that is the long-awaited sentence for the 20-year-old. time not long for love. >> disappointed the 20 recommendation. we are also mindful that the 20 years is still above the standard range. >> he killed the 53-year-old at his home on december 9, 2018. authorities

found her dead and naked. with significant trauma to her head, face, and body. >> you will never have a time that will make up for the fact that she is not. >> the plea guilty to aggravated murder.>> no amount of time. they will never bring back to sister. no amount of time is going to make them whole. >> he was threatening to kill himself after admitting to killing alyssa. they pleaded to the family before his sentencing.>> i wish nothing but hilly. that you will come to forgive our son. >> the friends and families also got up and spoke to the court. >> he could have stopped. >> the 911 call that he made was lengthy and chilly. it is not suitable for children. because it was admitted in court today we will have the whole call on our website.

KIRO-SEA (CBS)

Oct 13, 2019 • 5:05 PM

B_OCT_WASH_12

Microsoft cofounder bill gates responded to the reported connections between him and the victims sex offender. Epstein committed suicide in august in prison. facing charges for sex trafficking of minors. the new york times reports that he visited the mansion in new york city three times. gates foundation employees also met with the billionaire finance who put a plan for charitable health products. a spokesperson said that any statement they had no business or personal relationships and that they had been meeting with them was an impairment in judgment. new details and i are merging after sumter county deputies were shot and killed for a man last year. the emerald herald reports that they were fired earlier last month where he shot and killed 24-year-old nicholas peters after a short cs according to documents that the phillips the sheriff firewall and saying that he should have never pursued peters in the first place. and that was the chase ended the sheriff says that peters never posted a threat to justify shooting him.

KTVL (CBS)

Oct 13, 2019 • 5:41 PM

B_OCT_OREG_51

sharyl: thereb tragic note to the story of nick horner, who was still suffering his brain injuries in prison when we began investigating this story. in august, he reportedly committed suicide in prison by stabbing himself with a pen. he was 39. ultimately, hornerb blame a broken system for their sonband the deaths of the innocent people he shot. >> daniel horner: if the va would have done its job those people would still be alive. >> karen horner: yeahb& >> daniel horner: 3 people would be alive. >> sharyl: you said he wrote you a letter. what was the gist of that in the letter? >> karen horner: how much he loved us and how thankful he was for us and he even tried to make us smile with these letters, this letter, and he wants us to help. help the soldiers. >> sharyl: to the whistleblower that i guess you haven't met and haven't heard of, but he tried to blow the whistle on these people who are languishing on the list. any thoughts about that? >> daniel horner: too late for us. maybeb >> karen: for us. >> daniel: baybe, can help a lot of other ones though. >> karen: yes. that's what nick would want. he wants us to do as much as we can for the vets everywhere.

for most of us psychedelic drugs conjure up images of the 1960's and he's tripping out on LSD your magic mushrooms these powerful mind-altering substances are now being studied seriously by scientists inside some of the country's foremost medical research centers there being used to treat depression At the early results are impressive anxiety and addiction as are the experiences of the study volunteers who go to 6 our sometimes terrifying but often life changing psychedelic journey deep into their own minds us and you want to do to Ganassi hell no I would like for that again it was really about was for the entire time other than the very end and the very beginning I was crying Corinne of lawfully is talking about the pollution genetic experience she had here at Johns Hopkins University after being given a large dose of so one-sided the psychedelic agent and magic mushrooms as part of an ongoing clinical trial we tell people that their experiences may vary from very positive to do yet transcendent and lovely to lose really help around experiences how well as fight inging and experience as you have ever had in your life that Sciences Roland Griffiths for nearly two decades now he and his colleague matthew johnson had been giving what they call a heroic doses of suicide in more than 350 volunteers many struggling with addiction depression and anxiety can you tell who's going to have a bad experience who will have transcendent our ability to predict that is almost non don't really think about history will at are ohio's say they have something like that my vote would call a bad trip but most of those folks will actually saying the that was key to the experience Korean look awfully was a smoker for 46 years and said she tried everything to quit before being given suicide and at Johns hopkins last year so side in itself is known to do do you remember what bike specifically what you were saying or less the ceiling this room were clouds like heavy rain clouds and gradually they were lowering and I thought I was going to suffocate from the clouds that was more than a year ago she says she hasn't smoked since study she took the party is still ongoing but in an earlier small study just 15 long-term smokers 80% had quit 6 months after taking a suicide that that's double the rate of any over the counter smoking session product they come to a profound shift of world view essentially shifting sense of self that I think they see their life it a different way in their world view changes and and they are less identified with that self narratives people might use the term ego and neck creates a sense of freedom and not just with smokers appear usually cocktails usually vodka sodas to kill photo booth Goshen Soto's John Custer accomplice was drinking a staggering 20 cocktails night and didn't warn he was slowly killing himself he decided to enroll in another suicide and trial at New York University during one side concession he was flooded with powerful feelings in images from his past stuff for come up that I haven't thought of since they happened old memories you hadn't remembered conducted I felt you know a lot of shame and embarrassment throughout one of the sessions that my drinking and help dad I felt from my parents to let put up with all this he took suicide in 2016 he says he hasn't had a drink since you ever have a day where you wake up you know I wish I could have vied very dour view never not at all not at all and wishes the craziest thing because that was my favorite thing to do using psychedelic drugs and therapy is not new I were hundreds of scientific studies done on A similar compound lsd in the 1950's and 60's was tested on more than 40000 people song and controlled therapeutic settings like this one but there were also abuses the U.S. military and CIA experimenting with lsd sometimes

with our patients' knowledge fear over rampant drug use and the spread of the counterculture movement not to mention Harvard professor Timothy Leary urging people to turn on tune in drop out late to clamp down this nation faces a major crisis in terms of the increasing use of drugs particularly among our young people in 1970 President Richard Nixon signed the controlled substances act nearly all scientific research us into the effects of psychedelics on people stopped wasn't until 2000 it scientists Roland Griffiths won FDA approval to study so sudden this whole area of research has been in a deep freeze for 25 or 30 years and so as a scientist I sometimes feel like rip Van Winkle off and what you saw over goals Yes good red lights start flashing this is extraordinarily interesting and youth unprecedented and the capacity of the human organism to change it just it was astounding it sounds like you were endorsing the us for everybody Yeah Let's be really clear on that we hear very aware of the risks and would not recommend that people simply go out and do this Griffith said Johnson's screen out people with psychotic disorders or with close relatives with has schizophrenia or bipolar disorder study volunteers at Johns hopkins or given weeks of intensive counseling before and after the 6 hours suicide experience so aside and has given a carefully controlled setting 1.3 times to date they say there's not been a single serious adverse outcome on Nantucket and we were told we couldn't recorded anyone participating in the study while they were on assignment because it might impact their experience but we were shown how it begins with Al Assad it questions we hope you lay on the Couch with a blindfold shut out distractions put headphones on and headphones playing a mix of coral and classical music a psychedelic sound track with the train to God Mary cousin mono watching over you who can see him give me your hand so I'm gonna take your hand everything is done the same way it was for the 1st experiments scientists conducted the 19 fifty's and sixty's so the most dramatic results have been with terminal cancer patients struggling with anxiety and paralyzing depression and stars see the colors and geometric to sign and psychologists so cool all and how lovely and and then though visions they can carry puppets was diagnosed with stage 3 lung cancer in 2013 during her suicide session she found herself trapped in a nightmare her mind created and anxious and prehistoric barren land and there's these men with pickaxes just slamming under rocks so this felt absolutely real true absolutely real.

KIRO-AM (Radio)
Oct 13, 2019 • 8:48 PM

B_OCT_WASH_14

author Michael Pollan road about suicide and studies in a best-selling book called how to change your mind is part of his research he tried so side of himself to help build an underground God with it because things are cancer patient % like I touch the face of God you were skeptical about when you hear phrases like that Yeah I love is the most important thing in the universe and something tells me that it's like okay if you don't you don't go over some of the phrases and I may give me the willies is a writer and I really struggle that was during one of my experiences I came to the Earth shattering conclusion that loves the most important thing in the universe but it's that's a hallmark cards to a friend and dumb and yet while you were on it and after words profoundly true it is profoundly true guess it is a hallmark card there's a reason one of the things I could do is they peel away all those essentially protective levels of iron median and cynicism that we that we acquire as we get older you back to those kind of Oh my

God I forgot all about love Hollande said he also experienced with the researchers describe as an ego loss or identity law for quieting the constant boys we all have her hands I did have this experience of seeing my ego burst into a cloud of Post-it notes I know it sounds crazy I would argue without any good furor 50 yet to be there with researchers believe that sensation of identity and loss occurs because suicide been quiet these two areas of the brain and normally communicate with each other they're part of a region called the default mode network it's especially active when we're thinking about ourselves and our lives and it's where you connect what happens in your life to this story who you are it we'll develop story overtime about a time when the past was like one person we are how we react and that the fact is interesting things happen himself goes quiet in brands including this rewiring happens the to see that rewiring Johns Hopkins signed his matthew johnson showed us the representational charge of brain activity the circle on the left shows normal communication between part of the brain on the right what happens on suicide it there's an explosion of connections or cross-talk between areas of the brain that don't normally communicate the difference is just startling right is that why people are having experiences of seeing your repressed memories of past memories are people who died or that's what we think and even the perceptual effect sometimes this seizure like that the scenes sound people sea so and Yes sometimes I don't know that it is bright yellow right maybe the egos one character among many in your mind and you don't necessarily have to listen to that voice its chattering you and criticizing you and tell you what to do and that's very freeing it was certainly 3 4 kerry how this cancer his nose bridge her brain her crippling anxiety death is gone that's amazing and I feel like that's a surprise me living doesn't frighten me I don't frighten me that frightens me but this interview for example jeff doesn't home it turns out most of the 51 cancer patients and Johns Hopkins study experience Significant decreases in depressed mood and anxiety after trying so side than two-thirds of them rated their suicide in sessions as among the most meaningful experiences of their lives for some it was on par with the birth of their children to this day it you almost and make it's still alive being it's still absolutely lying and me to make you happier Yeah and and don't necessarily use the word happy constant for fight for every life suffered from anxiety my whole life uncomfortable it can be okay.

KOMO-AM (Radio)
Oct 14, 2019 • 9:00 AM

B_OCT_WASH_15

Microsoft co-found bill gates barely spent a little more time with a convicted sex offender Jeffrey Epstein them was previously reported case told the Wall Street Journal last month he didn't have any business relationship or French with up steam who committed suicide in prison in August as he faced a child sex trafficking charges but now the new York times reports Gates visited Epstein's manhattan mansion at least 3 times after after he was convicted of sex crimes

KXLY (ABC)
Oct 14, 2019 • 6:30 AM

B_OCT_WASH_16

a bad google rev center of one man's threat to shoot up a spokane business. criminal w il l the s us pect edfa ka judge today. but last night... ...he spoke exclusively to our kyle simchuk... saying

he regrets what he said... and that his anger got the best of him. 56"i called their customer service line and i told them i'd go to their dallas headquarters and i would shoot everybody." :05 that's the reason chesed johnson is behind bars, charged with a felony. 15:02:14 "i'm not even like a gun person, i'm more anti-gun." :03 spokane police say he threatened to shoot up a business in spokane, and the company's headquarters in dallas. 15:03:38"people can view me as the crazy guy who made a threat but at least they'll know that this company has got issues." :04johnson worked for a prison consulting agency on the 14th floor of the wells fargo building. he says he had issues with the company that leased the office space. 15:00:20"i wrote a negative google review about them." :03johnson's former boss, who asked not to be named, said there was an issue with one employee, who was eventually fired. he claims johnson became interested in another employee, but the feelings weren't mutual. "she would cover her eyes when i walked into the office." :04johnson's former boss -- who's known him for 30 years says he kept unleashing on the internet -- leaving negative google reviews about the leasing company -- all of them were taken 15:01:43 "i've tried for months to get them to remove that block and they've never once responded to anything -- any email, and phone call." :07johnson's boss ended up firing him, and calling spokane police several times when johnson made suicidal threats. johnson says he's a good person and would never harm anyone. 15:04:04 "i've never been arrested, i'm honorably discharged from the military, i've done tons of volunteer work, i tried to donate a kidney." :0515:02:16i was just upset, yeah sure i regret saying it there was not intention." :04 that was kyle simchuck reporting. johnson is charged with felony harassment... and says he can't afford to pay his 15-thousand dollar bond. again... he'll face a judge later today.

KLSR (FOX)

B_OCT_OREG_52

Oct 14, 2019 • 7:49 AM

a new study reveals a racial december parity in suicide attempts. researchers found more than 100,000 black teens between the ages of 12 and 18 went to the er after trying to harm themselves. researchers in new york are taking a closer look at traumatic brain injuries. rather than nerve damage and deceased brain injury payments. and researchers in spain have identified some recent causes of acne. acne sufferers consumes more sweets. so canadas and chocolate in their diet. those are some of the day's top health stories. cbs news new york.

KNDO (NBC)

B_OCT_WASH_17

Oct 14, 2019 • 6:53 AM

a west richland man will spend the next two decades behind bars after strangling his former co-worker to death. 25-year-old william lee was sentenced in connection with the death of 53-year-old alisa brewer. lee plead guilty to second-degree murder earlier this year. back in december, lee called 9-1-1 to report he'd killed a woman in his apartment and was going to kill himself. he was eventually taken into custody at the scene. the franklin county sheriff's office is investigating a shooting that started after a fight. it happened near road 60... off argent road in pasco early yesterday morning. deputies found shell casings at the scene. they say no one got

hurt, but two cars were hit by bullets. if you know anything about this incident, call the franklin county sheriff's office.

KMTR (NBC)

B_OCT_OREG_53

Oct 14, 2019 • 6:32 PM

suicide attempts among that teenagers are on the rise. that's according to a new study from nyu. researches look at survey results from nearly 200,000 hundred high school students between 1991 and 2017. they found suicide attempts increased among black teens for exceeding their white and Hispanic peers. the study also showed one in five adolescents of any race think about suicide and one in 10 has a suicide fan.

KGMI News/Talk 790 (Radio)

B_OCT_WASH_18

Oct 14, 2019 • 7:05 PM

suicide attempts among black children and teens are increasing at alarming rates the findings come from the study trends of suicidal behaviors among high school students in the U.S. 1991 to 2017 self-reported suicide attempts for black adolescents rose by 73% in those years could self-reported suicide attempts for White adolescents fell by 7.5 %

KONG-SEA

B_OCT_WASH_19

Oct 14, 2019 • 11:30 AM

one celebrities custody battle is getting pretty ugly. racquel what is going on? >> jeremy renner's ex-wife said he threatened to kill her and put a gun in his mouth and threatened to kill himself. it is detailed with his ex-wife looking for sole custody of their six-year-old daughter ava and he kissed the actor of being on drugs and threatening to kill himself and sony and firing a into the ceiling while their daughter was asleep. the accusations are one sided with the specific goal in mind. >> here is a couple, clearly he is speaking your truth, they were all privy to this. the whole world. this is a couple in shambles. definitely and the domestic violence sort of way. to make matters worse, you have the whole world looking in on you. >> high-risk, high yield. it's the downside. that's what it is. when you are out there there is a part of you that needs that in another part of you that all of this attention will kill you. it's a double-edged sword for sure

KOBI

B_OCT_OREG_54

Oct 14, 2019 • 6:15 PM

students and staff at klamath union high school are mourning the loss of a student who took her own life over the weekend. the announcement was made to students during first period this morning. a response team of counselors has been made available to those trying to make sense of the loss. "we have a crisis team, and a safe room set up for our students so that if they feel like they need that support, they can go to that room - no questions asked, so that they can talk, and listen, and be together with other peers." the crisis response team is composed of private and school counselors, and specialists from klamath basin behavioral health. if you or

someone you know is struggling with thoughts of suicide... there is help available. you can call the national suicide prevention lifeline at 1-800-273-talk. that's 1-800-273-8255. you can also text 741-741 any time to be connected to a crisis counselor.

KDRV (ABC)

B_OCT_OREG_55

Oct 14, 2019 • 4:15 PM

k-pop star "sulli" has died. according to authorities -- the 25-year-old's manager found her dead at her home in south korea today. police say it appears the singer and actress committed suicide. investigators found a note at the scene. sulli made her singing debut in 2009 with the girl group f-x. in 2015, she left the band to focus on acting -- before going solo and releasing a single, "goblin," this past june. if you or someone you know is having thoughts of suicide -- there is help -- you can call the national suicide prevention lifeline. that number is on your screen now and you can also find additional services on our website kdrv.com

KONG-SEA

B_OCT_WASH_20

Oct 15, 2019 • 6:05 PM

there is a new allegation of sexual misconduct against matt lauer. >> lauer's former colleagues on his own old show are alleging detail encounter we are a procures in his office after a party. >> pharoh says lauer closed the door behind them then unzipped his pants exposing him to her. >> the new allegation was detailed in ronan pharoh's exposé catch and kill. the woman confided to ann curry. >> who tells fair oh o in the book it was at close you as you could get to a woman melting in front much you in pain. >> and she warned her boss base lauer saying he had a problem with women. >> but as far as curry ever heard, nothing happened. >> ronan reports sources close to matt told him he disputed the accuser's account. nbc news president noah oppenheim said this about the accusation. at the time of the employee exit three years later she made no complaint about lauer. and now disturbing new fallout from lauer's alleged rape of brooke neville's petition 2014 olympics are breaking. pharoh reads his own words in the audio edition of the book. >> over the course of the past two years neville had attempted suicide. she had been hospitalized for PTSD. she lost 14 pounds and gone to doctors in 21 sometimes in a single period. >> he. >> lauer called the encounter mutual and consensual.

KTVZ (NBC)

B_OCT_OREG_56

Oct 15, 2019 • 6:47 PM

stress and anxiety can come from anywhere ... even the workplace. after seeing a higher rate of professionals dying by suicide, a florida clinical psychologist decided to switch up her method of treatment sabirah rayford reports. #### at therapeutic oasis in boca raton, it's quiet time. with the help of clinical psychologist nicole davis, these women aren't just meditating, they're taking control of their lives. "working women, myself included, there's a lot of pressure to be a particular way and it's about acknowledging what our way is and what works for us." it's called mindfulness-based stress reduction or mbsr. in an 8-week training course using breathing and

meditation techniques, davis says the goal is to help people gain self-awareness to be able to deescalate stressful situations. "i found myself as a single mom with no job, having to support three children and just doing it all on my own." lisa ladomer says those circumstances started to lead her down a dark path. "my needs fell to the bottom of the totem pole. there were times i laid in bed and think, i can't get up, i can't get up." that's when a friend stepped in and recommended mbsr. "i was able to bring that feeling of the meditation into everyday life, kind of on the spot right there in the middle of the workday deal with something and move on." now davis is hoping lisa's story inspires others to take control of their stress.

FM News 101 KXL
Oct 15, 2019 • 11:00 PM

B_OCT_OREG_57

Los angeles and the New York police Department is dealing with yet another active NYPD officer to commit suicide but 10 this year the E.C.B. s TV reports an off-duty Sergeant killed himself his home Tuesday night in Queens New York NYPD Commissioner james O'Neill recently called an epidemic a mental health crisis

KIRO-AM (Radio)
Oct 16, 2019 • 9:35 AM

B_OCT_WASH_21

we are seeing record levels of depression and mental illness dispirited young people Soren suicide rates increasing numbers of angry and alienated alienated young males and increase and senseless violence so he doesn't he says it's because we don't have as much religion we have this right so I decided the check and see other country so much to us as demographic sure ready I looked up how many people unite the percentage of people in nice said the city had no religion pretty I guess is this okay no problem no religion does that mean believe in God or just no no no really no religion issue Yeah I AIDS it's been on the rise I say 20% you're close Rex 28% when it is then I looked up the UK 54% have no religion okay not affiliated with any religion then I thought that you know everything about you today I did earlier I know about health care so I looked up suicide and mental illness drug use and violence so forget look at this I think has more people affiliated with religion my team but yet and the UK has last but the UK has less when it comes to drug use less when it comes to suicide less when it comes to mental illness overall.

KPTV-POR (FOX)
Oct 16, 2019 • 5:35 PM

B_OCT_OREG_58

the church of Jesus Christ of latter-day saints is opposing conversion therapy. they issued a statement saying parents have a right to guide the development of their children. conversion therapy is a term used to describe practices that attempt to change a person's sexual orientation. the American psychiatry association opposes conversion therapy and lbgtq activists point out more than 60% of children subject to it attempt suicide. Oregon outlawed it in 2015.

KING-SEA (NBC)
Oct 16, 2019 • 6:12 PM

B_OCT_WASH_22

reporter: tonight, the nypd is in mourning. late tuesday an off-duty officer in queens took his own life marking the department's tenth suicide this year. it's a tragedy april knows too well. >> my husband max was an amazing human being. >> reporter: max scherzer, a new jersey cop shot himself in 2016 leaving april behind with their 4-month-old twins. >> my day begins with that gunshot, you know, and i relive all of that all over again up until now up until the present moment. >> reporter: for years, max struggled with the stress of the job turning to alcohol to cope when he asked to talk to a therapist, april says the department took his gun away and sent him home for 30 days. >> he was worried what everyone would think of him. >> reporter: more police officers died by suicide than in the line of duty how do you explain what has happened >> you know, you can't look at it and come up with any single solution but now we want to talk openly we want to tell our cops, it's okay to ask for help. >> reporter: the nypd now planning to put peer counselors in every precinct house. >> i don't know if this will help but we have to try something. >> reporter: april working with the organization to help other families wants more mental health support for those in the line of duty. >> we hold our police officers to such a high standard, why don't we take better care of them >> reporter: an important question so many are asking tonight? rehema ellis, nbc news, New York.

KGMI News/Talk 790 (Radio)
Oct 16, 2019 • 7:05 PM

B_OCT_WASH_23

the church of Jesus Christ of Latter-day Saints says it's against the proposed ban a huge job of so-called conversion therapy he by psychologists for LGBTQ minors there's a pending state regulation that would bar psychologists from using the therapy which seeks to change the sexual orientation of those Myers the group equality Utah tweeted it's opposite insane studies have found that more than 60% of children subjected to that type of therapy and attempt suicide.

KONG-SEA
Oct 16, 2019 • 11:37 AM

B_OCT_WASH_24

moving on, dolly parton consider taking her own life. she talks about the moment she received a sign from god while riding her suicide note on a new podcast, listen. >> my little dog, popeye, at that time jumped up on the bed. at the time i was iting my, you know, so god, g od, the og, gld, dog, god spelled backwards. i always thought that may have been the very thing. >> you are writing a suicide note? >> i was thinking about it. >> al, you were riveted by that. >> what's wrong? >> nothing, that was interesting. >> i find someone who went through the darkest part of her life, reaching for a sign and got it. >> whatever saved her life, i am all for it. >> here is the thing when you're contemplating suicide, for a lot of people, it is not necessarily like they really wants to die, they are searching for something. if that is what she connected with then i am grateful that she did. when i was doing morning radio show in denver, a gentleman called me and told me that the day before he was going to take his life. and, i don't even remember what i

said, to be honest. and he said something about that made him think differently, and i have been connected with this individual for over 10 years. and, i, honestly was just talking about a story about myself and i don't remember what it was, but for him, he connected with that, and i think that people are just looking to be connected. >> i agree. and you said most of the time it is a call for help, that is true. 10-20 million people worldwide, every year attempted suicide. about 1 million of those people, and this is according to treatment for addiction, 1 million to carry out with that suicide you have a large amount of people who are just looking for that connection. and, the connection ultimately does save their life. >> this is kind of what Pete Buttigieg said, not begin as a gun thing but he did say having access to guns. everybody does have a bad night. that guy that you spoke to the next day, if he had access to a gun in his awer, things may have worked out differently. just not having the access or taking a beat, taking a night and sleeping on it would save a lot of lives. >> if any of you err in that position you are not alone. we have some free crisis hotline numbers. please, no that there is hope and help out there.

KOMO-AM (Radio)

Oct 16, 2019 • 2:25 PM

B_OCT_WASH_25

NYPD officers dying by suicide side the NYPD says they are off duty police sergeant died of a self-inflicted gunshot wound in Queens he was found with the deadly wound late Tuesday in utopia out 178 Street in Union Turnpike this is the 10th NYPD suicide this year twice as many as in all 2018 police Commissioner James O'Neill has called the rash of police suicides a mental health crisis.

KOIN-POR (CBS)

Oct 18, 2019 • 11:00 PM

B_OCT_OREG_59

surveillance video first obtained by koin6 news shows us inside parkrose high school on may 17, when coach kenon lowe's quick action saved lives. jeff: our emily burris is live at parkrose tonight, with more of the story you'll see only on koin. emily? >> just days after the gun scare, coach kenon lowe spoke to the media, telling us what was going through his mind that day. he says that felt like the universe put him in the right place at the right time, now, we are seeing just how right he was. >> in a fraction of a second i analyzed everything really fast, i saw the look in his face, look in his eyes, looked at the gun, realized it was a real gun and then my instincts just took over. >> a gun grab, ending in an emotional embrace. for the first time we're getting an inside look at the moments coach keanon lowe, a security guard at parkrose high school, confronted a student, armed, and in crisis. >> i can see him coming into the room with just a gun in his hand. it was terrifying. it was truly terrifying. >> we all hid, we hid under some clothes and stuff too just in case anything would happen. >> students, that day, scared, parents realizing their worst fears as the school went into lock down. >> none of us knew if we were going to come out alive >> but everyone made it out safely, and now we're seeing just how incredibly timed it all was. coach lowe had been called to the fine arts building to get a student, what he didn't know was that just moments before, that student, angel granados diaz, snuck a shotgun inside, the two almost meeting in the hallway. >> i walk in there, i get to the classroom,

im in the classroom for 15, 20 seconds, you know i ask the teacher 'is the student here?' >> he was just steps behind, a shotgun now tucked under his coat. >> the door opens, im within arm's length of the door, about 3 feet away from the door, and there's a kid with a gun, a shotgun. i lunged for the gun, put two hands on the gun, he had his two hands on the gun, and obviously the kids are running out of the classroom and screaming . >> lowe says running, never crossed his mind. he handed the gun off to another teacher, then did something unexpected, wrapping granados diaz up, in a hug. as students ran to safety, and police rushed to the scene, he remained focused on the teen in front of him. >> i felt compassion for him, a lot of times especially when you're young, you don't realize what you're doing until it's over. >> last week, in a deal avoiding jail time, the teen pleaded guilty to gun charges, investigators say he'd made suicidal statements, and was struggling with mental health issues. the gun was loaded with just one round. lowe says love is what brought him to coach, and work, at parkrose. love for his students, his kids. >> he broke down and i just wanted to let him know that i was there for him i told him i was there to save them i was there for a reason and this is a life worth living . >> after all of this happened, coach lo said he wanted to get back to school and back to work and he has been back to work and is out with the football team tonight. the parkrose broncos just pulling out a win in pendleton. back to you. jeff: that video is something else. jennifer: thank you.

KOMO-AM (Radio)

Oct 18, 2019 • 6:10 PM

B_OCT_WASH_26

recent study show an alarming number of veterinarians and dying by suicide for veterinary industry in recent years has started addressing but many experts see as a mental health crisis Laurie Harbor is a veterinary social worker other Marines deal with death and dying it 5 times the rate it I human doctors spent significant time I get sick of me it get emotional impact harbors says it's exacerbated by a number of things compassion fatigue depression and financial struggles often because of student debt just crushing make it out of University they think that they're gonna make sure that the gallery help calm the faith that they may find out I thought this Sunday's several local veterinarian and technicians will participate in the out of the darkness community walk to raise awareness and money for the American Foundation for suicide Prevention begins at 10 a.m. Sunday at Seattle centers Fisher pavilion.

AM 860

Oct 18, 2019 • 1:49 PM

B_OCT_OREG_60

there's all kinds of good news about America however there's also news the other direction I believe that he very sharp I mean undeniable decline in religious affiliation and religious attendances not good news and bad news but does anyone doubt that this 30 56% increase in youth suicide this is a report from me centers for disease control it you read his stuff okay between in 10 years between 2017 and 2007 to ask is it wasn't that long ago I okay can we remember that was lying and the Bush administration wasn't like another a hero I was 10 years ago since that time the rate of suicide among 10 to 14 year-olds know look any suicide is it is it an unspeakable tragedy it it woos people forever as I mentioned all of it the show before I am and people that have known very well who killed themselves and and it it's it's it's not an easy

thing and thank God no not family members but it 86 take between 10 to 14 year-olds the suicide rate is triple triples in 10 years and right now just a couple years ago they've they've always had high or murder rates for young people for a teenager it's for people 14 to 19 and been hiring of violence a big knee all there are more people who dying in suicide and homicide that age group the centers for disease Control's us despite concerns over rising suicide Rays researchers aren't sure the exact causes arising depression among adolescents of people why is ahead drug use stress and access to firearms might all be contributing fires factors experts say some mental health experts suggested social media use among teens might be feeling the increase and mental health conditions and leading to greater suicide risk and some early studies of link smartphone use trying cited depression and sleep deprivation among adolescents now what I think is fascinating about all this is among the violent deaths of young people Mass shootings of any kind which get all the publicity all of the publicity is less than half a % it's a fun very small percentage we'll get a grip on that Stephen Marysville Washington steve here on my own and veg out thanks Mike.

AM 860
Oct 18, 2019 • 1:44 PM

B_OCT_OREG_61

... killed themselves and and it it's it's it's not an easy thing and thank God no not family members but it 86 take between 10 to 14 year-olds the suicide rate is triple triples in 10 years and right now just a couple years ago they've they've always had high or murder rates for young people for a teenager it's for people 14 to 19 and been hiring of violence a big knee all there are more people who dying in suicide and homicide that age group the centers for disease Control's us despite concerns over rising suicide Rays researchers aren't sure the exact causes arising depression among adolescents of people why is ahead drug use stress and access to firearms might all be contributing fires factors experts say some mental health experts suggested social media use among teens might be feeling the increase and mental health conditions and leading to greater suicide risk and some early studies of link smartphone use trying cited depression and sleep deprivation among adolescents.

KDRV (ABC)
Oct 18, 2019 • 4:20 PM

B_OCT_OREG_62

according to the centers for disease control and prevention the youth suicide rate rose 56-percent over a ten-year period. for decades suicide rate for teenagers and young adults was relatively rare. from 2007 through 20-17 the number of suicides jumped from nearly seven deaths per 100-thousand people to almost 11-deaths. suicide is now the second-most common cause of death for young men and women. it's now only outpaced by accidents. suicide rates increase-wipe fs if you or someone you know is at risk of suicide please call the national suicide prevention hotline 1-800-273-talk

KUOW-FM (Radio)
Oct 19, 2019 • 8:39 AM

B_OCT_WASH_27

doctors to be trained and other counsel their patients about how to prevent gun deaths giving nearly 4 million \$ to the University of California Davis to develop a program Dr. Amy Gardner worst is a psychiatrist with U.C. Davis health fielded the training Thanks so much for being with us thanks for having me well what kind of advice conductor gives that might prevent gun deaths well it's really depended on the patient in the situation and a couple of examples you know we often see patients to have depression and accused have suicidal thoughts and those patients who have firearms in the home maybe risk of actually attempting suicide and if they make an attempt with the gunman who they are likely to survive that attempt and so being able to counsel patients you know if you're in a period of depression and you have other risk factors for suicide like heavy drinking or prior history of suicide attempts made this is the time to get the gun out of the home from a while until you're feeling better can tell you're drinking has abated a little bit your passions improved many doctors these days glass questions that are aimed at discovering anything about domestic abuse in the home there's a similar absolutely and it's definitely related we know that more than half of female homicide victims are killed by romantic partners so having a situation where there is domestic violence in the home we want to be able to counsel people about what their options are and procedure if there's a gun involved he want to be able to know that's a situation could become very lethal very quickly do I understand this correctly all positions serve and given instruction of open up this line of inquiry were developing the program is not a mandate all positions to go deep into this discussion with every patient they see target is that we want to make sure all physicians are aware of their resources how to access them said the time arise so for medical students we want to incorporate it into the curriculum for everybody and a psychiatrist but I took technology is I did the surgery irritation I studied for my oncology tests somewhere deep in the back of my brand I have knowledge still season people who go in to very specialized practices where this may not be something using a day-to-day basis we want them to have exposure to medical school because it is part of a public health and public safety curriculum once people are in residency training curriculum that is developed at that level will be more specialized for the particulars of that special to so pediatricians often focused more on the accidental injury and the home there's many homes that think that the kids in the House don't know where the guns are kept and about 75% of those kids actually do know where the guns are kept and a significant number of those school-age kids handle the times without their parents' knowledge to her pediatrician room it's gonna be focused on things like safe storage keeping firearms away from children for psychiatrists alley gonna be focused more on suicide and threats against others a family practice stocks they often see people who were struggling with depression and substance use so maybe more focused on that risks that are Associated with those things which is mostly suicide I wonder if you've got any country reaction from doctors who say I there look that's patience business sure look I've got enough to do the overwhelming opinion among physicians is that this is our curvy we should be asking because and violence is a public health epidemic can we counsel patients on the time about their health and safety we talked about cigarette smoking and alcohol use and the importance of a good diet and exercise so mostly physicians think we should be doing this but mostly physicians don't do and time is one of the biggest barriers especially in primary care people have so much to screen foreign talk about we really want to educate providers on how to identify patients at risk and intervened appropriately in those situations so if they if they sense a patient is depressed contemplating

doing something that's when they follow up on that line of questioning exactly if somebody comes in from the allergy season they don't have problems with depression and they keep their guns for hunting safely locked away in a storage unit and there's a Teenagers a home nobody drinks we don't really need to go a lot further down the line of rock U.C. davis psychiatrist Dr amy bar our thanks so much.

FM News 101 KXL
Oct 19, 2019 • 2:20 PM

B_OCT_OREG_63

according to the centers for disease control and Prevention the 20000 suicides by firearm in this country 64 day that 8 times the developed world that's up 19% the past decade so gun violence and suicide are dramatically and tragically think in this country there are 300 _ninety__three_ million guns alone greater _ninety__three_ million guns zone in this country as a 2017 population that year 3 ordered 30 million which means gun per person in America one point to her guns alone in 20 post 2007 for just 10 years ago to ordered 7 million so in 10 years through from Jordan 7 million gun owners for 393 new reducing gun deaths statistics 2014 33130 2015 36252 2016 38658 you can hear it in your mind see the trend line average gun deaths per day in this country 96 of those 16 would be suicide much more likely if Europe african-american to be killed by a gunman a White person this country 10 at times tortured after American child with a ratio of a White child being killed by guns 15 times more likely if you're a black child in this country a White child to be killed by a firearm up rise here Ryen I promise to be approaching the bench otherwise at the table so I'm gonna have a House maid hot dog which sounds like the locale none fatty item on the menu with the flock raw butter think that will probably take care of you go you mentioned.

KTVZ (NBC)
Oct 19, 2019 • 6:00 PM

B_OCT_OREG_64

newly released surveillance video shows a powerful momen.. a coach embracing a student who he just disarmed. the teen brought a loaded shotgun to parkrose high school in portland back in may. the multnomah county district attorney's office released the surveillance video... which shows security guard and football coach keanon lowe disarming student angel granados-diaz. the two hug before police move in to arrest him. the then 18-year-old student walked into the school with a shotgun hidden in his arms... lowe found granados-diaz in a bathroom with the gun... and was able to separate the student from the weapon. police say the teen was suicidal... and did not have the intent to hurt anyone other than himself while at the school. granados-diaz was sentenced to 36 months of probation... and immediate treatment for and mental health and substance abuse.

KHQ (NBC)
Oct 19, 2019 • 5:05 PM

B_OCT_WASH_28

surveillance video out of oregon shows a powerful moment a coach embraces a student who he just disarmed. the video out of portland shows a teen in parkrose high school with a loaded gun

back in may. security guard and football coach keanon lowe disarmed the student... before wrapping him up in a hug. police said the 18-year-old was suicidal and didn't have the intent to hurt anyone at the school other than himself. that student was sentenced to 36 months of probation and immediate treatment for mental health and substance abuse.

KIRO-SEA (CBS)

Oct 19, 2019 • 5:32 PM

B_OCT_WASH_29

we're seeing new video tonight of the moments an oregon high school football coach disarming a student who brought a gun to school. you can see that right there in that video, surveillance video shows the 19-year-old entering a classroom wearing a trench coat where he was holding a shotgun. records show that his plan was to kill himself. seconds later coach keenan lowe wrestled the weapon out of the student's hands and then pulled him out of the classroom. then giving him a hug in the hallway. >> i felt compassion for the kid to be honest. i had a real life conversation. you know, obviously he broke down and i just wanted to let him know i was there for him. i told him i was there to save him. i was there for a reason. and that, you know, this is a life worth living. >> last week diaz pleaded guilty to two gun-related charges a part of a plea agreement. he will spend 36 months on probation and receive mental treatment. health and substance abuse

KGW-POR (NBC)

Oct 19, 2019 • 5:36 PM

B_OCT_OREG_65

to newly released video from parkrose high school that has a lot of people talking. it is a powerful moment. a coach is embracing the student after taking away a shotgun the student was holding. we first see parkrose student angel diaz walk into the high school with the shotgun hidden under something. you see get there. moments later, after students ran out of the building, you could see the football coach keenan low after he confronted the student, holding the gun in his hand. another teacher grabs the gun, he keeps it tight hold of a student. you can see the to talking and hope hugging. police arrived a short time later with their guns drawn and arrest the student. we have a whole lot of sueillance video you can see at kgw.com. >> prosecutors say the now 19- year-old never intentionally pointed the gun at anyone but himself but never fired the weapon. he pleaded guilty earlier this month and received 3 years probation. he has been ordered to get mental health and substance abuse treatment. >> we want to remind you if you or someone you know is having thoughts of suicide there is help available 24 seven. the phone number on your screen when 800-273-8255.

88.5 KNKX

Oct 19, 2019 • 8:43 AM

B_OCT_WASH_30

The state of california wants doctors to be trained and other counsel their patients about how to prevent gun deaths giving nearly 4 million \$ to the University of California Davis to develop a program Dr amy bar horse is a psychiatrist with U.C. davis health peer lead the training thanks so much for being with us thanks for having me well what kind of advice conductor give that

might prevent gun deaths well it's really depended on the patient in the situation as a couple of examples of you know we often see patients to have depression and accused have suicidal thoughts and those patients who have firearms in the home maybe risk of actually attempting suicide and if you they make an attempt with Goran they are not likely to survive that attempts and so being able to counsel patients if you're in a period of depression and you have other risk factors for suicide like heavy drinking or prior history of suicide attempts paid for the time into it it got out of the home from a while until you're feeling better tell your drinking has abated a little bit your passions improved many doctors these days glass questions that are aimed at discovering anything about domestic abuse in the home there's a similar absolutely and it's definitely related we know that than half female homicide victims are killed by romantic partners so having a situation where there is domestic violence in the home we want to be able to counsel people about what their options are and procedure if there's a gun involved he want to be able to know that says situation could become very lethal very quickly do I understand this correctly all positions are going to be given instruction of open up this line of inquiry were developing the program is not a mandate all positions to go to Eat into this discussion with every patient they see target is that we want to make sure all physicians are aware of their resources and how to access them said the time arise so for medical students we do want to incorporate it into the curriculum for everybody and a psychiatrist but I took card analogy is I did the surgery irritation I studied for my oncology tests somewhere deep in the back of my brain I have about knowledge still season people who go and to very specialized practices where this may not be something they're using our day-to-day basis we want them to have exposure to medical school because it is part of a public health and public safety curriculum once people are in residency training curriculum that is developed at that level will be more specialized for the particulars of that specialty so pediatricians often focused more on accidental injury and the home there's many homes that think that the kids in the House don't know where the guns are kept and about 75% of those kids actually do know where the guns are kept and a significant number of those school-aged kids handle the guns without their parents' knowledge of pediatricians room it's gonna be focused on things like safe storage keeping firearms away from children for psychiatrists Allegany be focused more on suicide and threats against others family practice stocks they often see people who were struggling with depression and substance use so maybe more focused on that risks that are Associated with those things which is mostly suicide I wonder if you've got any country reaction from doctors who say Hi there look that's patients business sure look I've got enough to do the overwhelming opinion among physicians is that this is our purview we should be asking because gun violence is a public health epidemic we counsel patients all the time about their health and safety we talked about cigarette smoking alcohol use and the importance of a good diet and exercise stoked Moseley positions think we should be doing this but mostly physicians don't do it and I kind of one of the biggest barriers especially in a primary care people have so much to screen foreign talk about we really want to educate providers on how to identify patients at risk and intervened appropriately in those situations it's so if they if they sense a patient is depressed contemplating doing something that's when they follow up on that line of questioning exactly if somebody comes in from the allergy season they don't have problems with depression and they keep their guns for hunting safely locked away in a storage unit and

there's a teenager's home nobody drinks we don't really need to go a lot further down the line of thought with U.C. Davis psychiatrist Dr amy bar our thanks so much for being with us.

KEPR (CBS)

Oct 19, 2019 • 6:39 PM

B_OCT_WASH_31

we have new video from an incident last may when it portland oregon high school student brought a shotgun to school with the intent to kill himself. the security guard and the football coach hugged the gunman. we got the number for the suicide prevention on the screen. take a look at the video. you see students running out the door when lowe enters the classroom. moments later, the men lunch for the gum and was able to disarm him. he calmly stepped out into the hallway with the shotgun and handed it off to another staff member as he embraces him. he pleaded guilty to two charges and was sentenced to three years of probation. the da said as part of the deal he will receive mental health and substance abuse treatment.

KXLY (ABC)

Oct 19, 2019 • 8:41 PM

B_OCT_WASH_32

a new government report reveals a disturbing trend. according to the centers for disease control and prevention the youth suicide rate rose 56- percent over a ten-year period. for decades....suicide rate for teenagers and young adults was relatively rare.but from 2007 through 20-17 the number of suicides jumped from nearly seven deaths per 100-thousand people to almost 11-deaths. suicide is now the second-most common cause of death for young men and women.it's now only outpaced by accidents. some experts say these findings should result in "a call to action." if you or someone you know is at risk of suicide please call the national suicide prevention hotline 1-800-273- talk.

KIRO-AM (Radio)

Oct 19, 2019 • 2:16 PM

B_OCT_WASH_33

according to the centers for disease control and Prevention 20000 suicides by firearm in this country 64 day that 8 times the developed world that's up 19% the past decade so gun violence and suicide are dramatically and tragically evening in this country there are 300 _ninety_ _three_ million guns alone threaded _ninety_ _three_ million guns zone in this country as a 2017 population that year 3 under 30 million which means gun per person in America one point she number of guns alone in 28 post 2007 for just 10 years ago to ordered 7 million so in 10 years to from Jordan 7 million gun owners for 393 million Gun death statistics 2014 33130 2015 me read you some 36000 children 52 2016 38658 you can it in your mind see the trend line average gun deaths per day in this country 96 of those 16 would be suicide much more likely if Europe African-American to be killed by a gun than a White person this country 10 where if you're african-american child with a ratio of a White child being killed by guns 15 times more likely to reflect child in this country and White child to be killed by a firearm rise.

KUOW-FM (Radio)

Oct 19, 2019 • 9:30 AM

B_OCT_WASH_34

worried about increasing social isolation among men and why this might lead some men called not by running an iron man Paul drinking whole hugging and inanimate object the take more drastic measures I spoke to judy Phillips about this she's a sociology professor at the University of A shift I think that this ticket to soothe she walking through a couple of grass that showed the rate of suicide among men of different age groups those rates vary widely from the young and the very old increasingly however middle-aged men appear to be growing risk we saw fairly shop increase and suicide rates among men beginning 19 _ninety_ _nine_ so afraid Somp among men age 50 to 52 book we saw an increase of almost 50% in this suicide rate the increase in the suicide rate among middle-aged man is troubling it's also a question of historical patterns compared to a new generation's the optic and suicide seems to be starting a yard and earlier especially for men one common interpretation of this trend is that it's driven by economic problems you anything it's more complicated the trend of rising suicide rates among middle-aged men began in the late 19 ninety's well before the great recession that started in 2007 actually from 1999 to 2005 the increases I'm amazed really confined to those who did not have a college education but since 2005 and is now supporting that has really been across the book I don't see these differences by education judy has other ideas about what might be driving these changes people have fewer social supports the more likely to live far away from family many are opting out of marriage many I getting divorced even when he chose to connect with others were often not doing it in person I also want to just about the ways in which we we interact and and learn and how that has changed so pay for the cost 15 French cheeses new devices social media less face-to-face contact our entertainment said the come-up prior offense shui what to be at home mother and kind to refuse to fix our laws so that that may also be having an 88 and to behold two feelings of isolation social isolation could also be producing some of these rising rates again the total so should lessen nation it isn't just emotional an analysis of nearly 150 study has found that people with strong social relationships had about 50% mortality risk and those with weaker ties Julia host on stad her coauthors concluded that those with weaker social relationships had a greater risk of death that people who are physically inactive or beats let me put it another way spending time building and nurturing your friendships might be just as important your health as eating right and exercising when we come back we look at the culture the root of this problem he's sorry no human beans with unbelievable emotional and social capacity and we as a culture just completely try zip out of time and we know it stay with us

KGMI News/Talk 790 (Radio)
Oct 20, 2019 • 8:26 PM

B_OCT_WASH_35

CEOs scheme is working beautifully you have narrowed fairing in full all the critics and how he's going to kill himself but and thinking collapses desperately you realize you have to have him telephone to be persuaded to bring calm and meek you sure we don't know about mrs happy loosely share the joy you understand it as well as Lago welcoming a half million \$ also beyond that that But that's how you learn to collect and exposed dare how old decides to stay alive and then changes as well a payroll I mean how how long can you drink easy does is on his last legs in Inoki been supplied with free elec parents only applied to leaping himself that andy have

something like that I have time to tell you the details now but somebody has to get out of my cab up in the Woods and keep them hidden there that's your job you're getting there keeping their and don't let anybody know is there Golic for both our sakes say you know mean you think will went with pop art movement I do it only ended down this scheme of yours he had all these Ahhhh so that's taken care to me stocks off fears a Q.B. camp in the mountains with Arafat and you promised to join a follower and I for and traits aren't among them is you call your friend in theatrical critic Paul Minn Yes paul I am worried about how are very jealous no okay I know we call you yesterday intent to commit suicide I think he meant it I really worry about him okay how people looking to assume all with a great deal of skepticism is typical and it's just good you were one last call another or trend captain Harry bending in the Bureau missing persons on now harry I'm not trying to drum up a story I think it really is missing I want to put an embassy prices noticed a manifesto you feel about it now that the fighting without any help from the police they should hang up and your pee standing then you lose that evening you catch the train things a little time to reach gap where you're kevin so okay all of the rich gas station news that way into the dock this without being noticed didn't recall but your mind as you can but you find beauty in our family and having a drink and a big after being necessary greetings to waste note me getting out of his seat candies caroli he added is beginning to believing his suicide out and didn't usual it is Super tuesday is good publicity and even more I think is a good hang out and enjoy might have caused it is why I can get the critics writing long preached article about you the kind of thing meat producers all noting where then maybe we could still see an arrow you're fired me to thinking Allison you like the long letter a farewell I'm stan through a fair way I wish I could do that with the quotations from my great praise make with family not anxious to take it back in new York with me now call all the critics I get a couple of them to rush up here with me I just hope we get here you take one sleeping them but then pretend to be unable to awaken Co we what don't you for at least half an hour you got it moving kids she is of course I could do that I had to look absolutely down level tomorrow evening your name would be headlines from coast to coast we need your rocks Lorde I am positive I sit on my desk and start writing that suicide note and he should apologize to me using my cab I understand now Wow really even though I think who is writing a suicide let me take you into the next girl who kind of the rest of your plan and as soon as he finishes that letter and arrows on the guys you understand that don't you I got a they didn't say anything about that when you said.

KOPB-FM (Radio)

Oct 20, 2019 • 5:43 PM

B_OCT_OREG_66

Jonathan singer is with us from WBZ in Chicago he's the President of the American Association of suicide Algeo an associate professor of social work at Loyola University after seeing and talking to us Well it's a pleasure thank you and start with you all of this is troubling but we'll start with something I think will shock a lot of people those numbers from the cdc report that the suicide rate for children 10 to 14 years old trick old from 2007 to 2017 what might be going on here Yeah the tragedy of youth suicide it is so painful for everybody and one of the things that that people have a hard time believing is that an a 10 year-old could think about killing themselves from the increases in part due to the fact that there were very few reported suicide deaths and there are more and more part of that is reporting and part of that is access to lethal

means and this is some of the reasons why the rates are going up for youth kevin brunner what do you think is going on here I actually don't know why it is going up across inch groups I and that's an unusual that's been happening since about 2000 2008 and when people say they know the real things I mutually skeptical and so when people go to simple solution jennings is a simple explanations they often don't Pan out well such base what do you think I mean Let's talk about police officers now on course comparing data year to year Cook talking about anecdotes is Generali not always the best idea but there's one advocacy group It's a police line advocacy group that says that as of August they say that law enforcement suicides are up by double digits since 2018 do you mean obviously you still talk to people who are on the job he had a long career yourself what do you think something's going on and if so what do you think it's I definitely think that things are going on and Yes I do speak with law enforcement should teach with the fbi and a number of things but what I see is officers were required to do they fit for duty evaluation they see a psychologist as an adversary I know there are studies out there one that showed out of 830 evaluations over a five-year period 94% of the officers returned to duty so this needs to get out there and our leaders need to be involved a whole lot more than what they are and for officers are seeking mental health treatment that they have to see that as a positive sign one option comes and says you know things aren't going quite right they want to be better they wanted better for themselves for the family and for the communities so it all starts at the top as usual this society surgeries it's a lot more open about a lot of things then used to be I mean just in the spirit of full disclosure of tell you come from a policing family had 6 police officers my family at one point and you know there's a big difference between the way it was back in the day and the way is now I see officers on the job now with Fino dreads I see them all different kinds hairstyles see them you know with different things just would not have been tolerated in years ago but are you saying that openness to talking about issues feelings problems stress the stress of the job you're saying that that's that hasn't changed that still something that's kind of taboo in my opinion Yes absolutely you are handling it come back and do the same thing the next day this is what we're expected to do it is getting better I'm but I think we still have a long way to go to single out because of a calf Barber said which is that their rates of suicide are going up among lots of groups in society do you agree with that why war what's your take on that why is that I absolutely agree I think that you know understanding how the rates of suicide going up in different groups helps us understand the overall rise in suicide rates among youth and so understanding that suicide is not just a White person problem but is a problem that affects all people and that the interventions the Prevention's and the Post pensions we engaging in half to be called truly respectful hopefully humble and addressed these different issues that we see in society today you start us off Let's Wheeler like what do you think would be helpful Dr Singh first of all I think that what happens is there's Called troll mistrust with mental health providers so we need to train our faith leaders we need to train coaches we need to train folks who are not mental health providers to identify and respond too emotional cognitive and behavioral problems with the cops I know that a lot of people don't have a lot of us there are some people who have a very great deal of sympathy for people in law enforcement just frankly it's a difficult period in our country right now some people do not have a lot of sympathy for police officers right now and is something in this particular group I think we make a difference would make a difference with this particular group sure it starts with Trey Union and the Academy and see that little by little it would start in the Academy with

what we call a crisis intervention training and get some officers trained in that I was speaking up and then Oregon's some time ago and the chief of police there had all of his officers trained and did crisis intervention training and sense he did that he noticed a 50% reduction in the use of force something like that officers can recognize what may be going with an individual but also there are also learning about themselves and when maybe meeting in crisis and how do we not get to that level that was Sergeant Kevin Briggs he's a former California highway Patrol officer he's now a mental health advocate Kathryn Biber was also with us she's a senior researcher at the Harvard school of public health injury Research Center and Dr. Jonathan singer president of the American Association of suicide allergy and associate professor of social work at Loyola University has to say again that if you're in distress or you know someone who is you can call the National suicide Prevention lifeline at 102.3 8 to 5 5 or you can text talk to 7 4.

KOPB-FM (Radio)

Oct 20, 2019 • 5:38 PM

B_OCT_OREG_67

on npr news Michelle Martin tackle sensitive subject now it is the subject of suicide and we're talking about this because this has been a week of difficult news yesterday morning a funeral was held for suburban maryland police officer had been found last Monday on the top floor of a parking garage suffering from a gunshot wound he was on duty and said he was confronting someone but later the medical examiner confirmed that gunshot was self-inflicted on Tuesday evening at _thirty_ _three_ year-old new York city officer was found dead by his wife also by suicide that officer's death marked the 10th police suicide in new York this year alone and police Commissioner James O'Neill told local journalists that for more police suicides have already taken place and this year than in most and we could have a conversation solely about this disturbing trend among police officers there is more earlier this week the centers for disease control published new data and reported the death rates of suicide are on the rise among very young people aged 10 to 24 the rate is up 56% in the last decade before we see any more we want to tell you if you were in distress or knows someone who is you can call the National suicide Prevention lifeline and 100 to 7.8 to 5 5 you can call 24 hours a day Let's talk about what might be happening here with people who thought a lot about this issue and what might be done about it Kathryn Biber is a senior researcher at the Harvard school of public health injury research center and she joins us from boston Catherine Barber welcome thank you we're also joined by Sergeant Kevin Briggs formerly with the california highway patrol he's now mental health advocate such differences well known for his work on the Golden gate bridge where he answered 4 to 6 suicide calls each month untrained other officers to deal with these calls he's with us from chaos cpete in Broner part california such a big welcome to you as well thanks for joining us thank you good to be here and last but not least after Jonathan singer is with us from WBZ in Chicago he's the President of the American Association of suicide Algeo an associate professor of social work at Loyola University after seeing and talking to us Well it's a pleasure thank you and start with you all of this is troubling but we'll start with something I think will shock a lot of people those numbers from the cdc report that the suicide rate for children 10 to 14 years old trick old from 2007 to 2017 what might be going on here Yeah the tragedy of youth suicide it is so painful for everybody and one of the things that that people have a hard time believing is that an a 10 year-old could think about killing themselves from the

increases in part due to the fact that there were very few reported suicide deaths and there are more and more part of that is reporting and part of that is access to lethal means and this is some of the reasons why the rates are going up for youth kevin brunner what do you think is going on here I actually don't know why it is going up across inch groups I and that's an unusual that's been happening since about 2000 2008 and when people say they know the real things I mutually skeptical and so when people go to simple solution jennings is a simple explanations they often don't Pan out well such base what do you think I mean Let's talk about police officers now on course comparing data year to year Cook talking about anecdotes is Generali not always the best idea but there's one advocacy group It's a police line advocacy group that says that as of August they say that law enforcement suicides are up by double digits since 2018 do you mean obviously you still talk to people who are on the job he had a long career yourself what do you think something's going on and if so what do you think it's I definitely think that things are going on and Yes I do speak with law enforcement should teach with the fbi and a number of things but what I see is officers were required to do they fit for duty evaluation they see a psychologist as an adversary I know there are studies out there one that showed out of 830 evaluations over a five-year period 94% of the officers returned to duty so this needs to get out there and our leaders need to be involved a whole lot more than what they are and for officers are seeking mental health treatment that they have to see that as a positive sign one option comes and says you know things aren't going quite right they want to be better they wanted better for themselves for the family and for the communities so it all starts at the top as usual this society surgeries it's a lot more open about a lot of things then used to be I mean just in the spirit of full disclosure of tell you come from a policing family had 6 police officers my family at one point and you know there's a big difference between the way it was back in the day and the way is now I see officers on the job now with Fino dreads I see them all different kinds hairstyles see them you know with different things just would not have been tolerated in years ago but are you saying that openness to talking about issues feelings problems stress the stress of the job you're saying that that's that hasn't changed that still something that's kind of taboo in my opinion Yes absolutely you are handling it come back and do the same thing the next day this is what we're expected to do it is getting better I'm but I think we still have a long way to go to single out because of a calf Barber said which is that their rates of suicide are going up among lots of groups in society do you agree with that why war what's your take on that why is that I absolutely agree I think that you know understanding how the rates of suicide going up in different groups helps us understand the overall rise in suicide rates among youth and so understanding that suicide is not just a White person problem but is a problem that affects all people and that the interventions the Prevention's and the Post pensions we engaging in half to be called truly respectful hopefully humble and addressed these different issues that we see in society today.

KCPQ-SEA (FOX)

B_OCT_WASH_36

Oct 20, 2019 • 10:10 PM

here's a big turnout today at seattle center for a really important cause. this is the out of the darkness walk to raise awareness for suicide prevention. you know suicide is the 10th leading cause of death in the u.s.. money raised at today's event will support the american dation for

suicide prevention in its fight to end suicide and organizers say walks like this are really all about hope and more people that we have walking with us. that means more people talking about their mental health. talking about suicide prevention and in really bringing the taboo subject of suicide out of the darkness and into the light where we can really talk and give hope and healing to those that have been impacted if you or someone you know is struggling with thoughts of suicide the national suicide prevention lifeline is 1 800 273 8255.

Portland's CW
Oct 20, 2019 • 10:15 PM

B_OCT_OREG_68

an organization representing families who have lost a loved one to police violence in oregon and washington are rallying for more police accountability. pacific northwest family circle was co-founded by irene kalonji, the mother of christopher kalonji, the 19-year-old who was killed during a clackamas county sheriff's confrontation in oak grove in 2016. though his death was ruled a suicide, his mother disputes that claim. she says police did not adequately de-escalate what she describes as her son experiencing a mental health crisis when police shot and killed him. >> we decided to bring the whole family together who had the same terrible experience, losing a loved one in the hands of police.

KIRO-AM (Radio)
Oct 20, 2019 • 9:16 PM

B_OCT_WASH_37

according to the centers for disease control and Prevention 20000 suicides by firearm in this country 64 day that 8 times the developed world that's up 19% the past decade so gun violence and suicide are dramatically and tragically evening in this country there are 300 _ninety_ _three_ million guns alone threaded _ninety_ _three_ million guns zone in this country as a 2017 population that year 330 million which means gun per person in America one point she number of guns own in 20 post 2007 for just 10 years ago to ordered 7 million so in 10 years to from Jordan 7 million gun owners for 393 million and reducing gun deaths statistics 2014 _thirty_ _three_ 1130 2015 36002 ordered 52 2016 38600 and 58 you can it in your mind see the trend line average gun deaths per day in this country 96 of those 60 would be suicide much more likely if Europe African-American to be killed by a gunman.

KOPB-FM (Radio)
Oct 20, 2019 • 9:26 PM

B_OCT_OREG_69

spoke to duty for tips about this she's a sociology professor at Rutgers University the trigger and if you ask him for fear she walking through a couple of gaffs that showed the rate of suicide among men of different age groups those rates vary widely from the young and the very old increasingly however middle-aged men appear to be growing risk saw fairly shocking increase and suicide rates among men beginning 1999 so afraid Sompō among men aged 15 to 50 full we saw an increase of almost 50% and necessary the increase in the suicide rate among middle-aged man and his struggling it's also a question of historical patterns compact one generations the optic and suicide seems to be starting a yard and earlier especially for men one common

interpretation of this trend is that it's driven by economic problems Judith think it's more complicated the trend of rising suicide rates among middle-aged men began in the late 1990's well before the great recession that started in 2007 actually from 1999 to 2005 the increases I'm amazed really confined to those who did not have a college education but since 2005 that is now support that's really then across the book.

KPLU-FM (Radio)
Oct 21, 2019 • 7:45 AM

B_OCT_WASH_38

Jalen that's pretty much what I get too wonky man this is Bill Larson he's a retired state Patrol captain who was brought in last year to run the Shadle County Jail Wenatchee Washington he says he found an overcrowded and understaffed jail where inmates regularly manufactured alcohol consumed drugs and assaulted each other and then there were the suicide attempts not an everyday occurrence but it's not extremely rare eager inmates will fashion some kind of a noose and try to hang themselves in 2017 an army veteran named Jeremy Lavender died by suicide initial Shadle County jail since said Larson says his staff has saved the lives of a number of suicidal inmates but he worries about another death I comfortably saying and it's not a matter of it matter when it Larson has requested more staff is making changes to how the jail operates ultimately though he believes Shadle County will have to build a new facility if it wants to make the jail safe for inmates and staff but there's a lot of opposition to building new jails and very fraught hopppers active in jail politics.

KOMO-AM (Radio)
Oct 21, 2019 • 12:10 PM

B_OCT_WASH_39

a student at a Portland high school video of the incident has been released and it's pretty incredible what concede coast Carly Johnson reports he unload the football and track coach at Park rose high school was hailed a hero after stopping the student back in pretty crazy situation you know in a fraction of a second I saw that look in his face look in his eyes look at you guys realize it was a real guy now video released from the hallway shows just after he took that shotgun away from 18 year-old Angel Granados coach loaded something pretty remarkable he rapped that student in a tight embrace and for a few seconds the student tries to pull away pushing the coaches shoulders but Loew hold on highly and eventually the embrace his return could not STS had been suicidal for months leading up to this after a breakup with his girlfriend he planned to commit suicide at school that day saying he wanted to do there so that his mother wouldn't discover his body his sentences for 3 years' probation and he's receiving mental health and substance abuse treatment.

KCPQ-SEA (FOX)
Oct 21, 2019 • 7:15 PM

B_OCT_WASH_40

the district attorney's office says the student was armed with a shotgun loaded with a single shell and reportedly intended to kill himself. Lo has this message to other teachers and staff. love your kids. you know I wouldn't signed up to coach park rose football or signed up to be a

security guard at park rose if i didn't love these kids. you know if if you're a teacher if you're a staff member you should you should love your kids. and i would expect every teacher and every staff member to do what they can in in you know to make sure this stuff like this doesn't happen. well the student recently pleaded guilty to unlawful possession of a firearm and was sentenced to three years' probation as part of the deal though he will get mental health and substance abuse treatment. but for keenan lowe thank goodness you were there. absolutely. all right.

KTVL (CBS)
Oct 21, 2019 • 6:12 PM

B_OCT_OREG_70

law enforcement suicide. a startling number die every year. tonight spotlight on america reveals how two officers that hit rock bottom are helping others to survive. >> reporter: the true blue golf course in south carolina is a world away from new york city streets. that is where keith was a cop for 11 years. the day we caught up with him he was playing a round of golf with another retired police officer, who knows firsthand what it's like to protect and serve at work. and juggle life at home. >> we put that uniform and shield on , it is a barrier. whatever you are going through at home you leave in the locker. >> reporter: being a cop is in his blood. his father a career cop. but when the custody battle tore him apart , he hit rock bottom. he said he drank too much and showed suicide notes that he wrote. he said his parents were too afraid to call for help. >> they were afraid i was going to be fired. >> reporter: worries about a stigma are calm and. listen to the spouse of a police officer who called 911 when her husband threatened to kill himself. >> this is a death sentence to his career. >> reporter: the stigma of asking for help has led to an alarming number of suicides. in three years there have been 647 reported law enforcement suicides. hotspots nationwide light up the map. >> i have thought about it myself. especially under the influence of alcohol. >> reporter: for years paul kept his secrets in the shadow. that's why first responders are five times more likely to suffer from ptsd and depression. >> i suppressed all of my feelings and emotions. >> reporter: he eventually clawed his way out of alcoholism and got help. we found out that they won't pay workmen's compensation ticket help. for keith that leaves too many police officers fending for themselves. and suicide is a awful solution that is a temporary problem. he said he was saved by another officer in his department. >> all jack wanted to do was talk. and he proved to me that i was not alone. it there was hope. and he was going do everything he could to get me help. >> reporter: he is speaking out so that other cops can get the same help before it is too late. >> if someone you know in law enforcement is struggling. there is in an organization called blue help that is ready to assist. you can find that link on ktvl.com.

KOBI
Oct 21, 2019 • 6:16 PM

B_OCT_OREG_71

now to the story of a high school football coach being heralded a hero... after saving a student's life and demonstrating empathy in the face of fear. newly released surveillance video shows the portland coach disarming a student with a shotgun...then hugging him. nbc's gadi schwartz has more. it was a moment of life-saving humanity...and compassion, caught on camera. this is such

a, you know, a story that usually ends in tragedy keanon lowe - a football and track coach at parkrose high school in portland, oregon is also a campus security guard. and this is him on surveillance video taking a shotgun away from a student...then embracing him in a hug. after the incident lowe spoke about what happened...saying he was first called to the classroom to check on a student making suicidal statements, when that very student walked in with a loaded gun. sot keanon lowe - in a fraction of a second, i analyzed everything really fast.i saw the look in his face, look in his eye, looked at the gun.i realized it was a real gun and then my instincts just took over. the footage shows the moments right after. lowe, who's being hailed as a hero, hands the gun to another staff member...and then embraces the boy...who hugs the coach right back. sot keanon lowe - i felt compassion for the kid, to be honest/.i told i was there to save him.i was there for a reason, and that you know that, this is a life worth living investigators say the student - then-18-year old angel granados-diaz - did not plan to hurt other students or staff...but say he was battling a mental health crisis and wanted to take his own life. sot keanon lowe - it was a really emotional time/i felt compassion for him. and a lot of times, especially when you're young, you don't realize what you doing until it's over the incident, which happened in may, is now gaining new attention with the the video's recent release. the young man's lawyer telling nbc news overnight: "although angel wanted to end his life that day, fate had something else in store for him.he is now beginning the overwhelming process of adjusting back to life in the community and receiving the treatment he needs.with the help of his family and friends, and with the support of his community, he will look to do just that.

KGW-POR (NBC)

Oct 21, 2019 • 12:06 PM

B_OCT_OREG_72

we have a follow up on a portland student arrested for bringing a shotgun to parkrose high school. you may remember this story from back in may. we're now hearing from student's lawyer. you may have seen this footage over the weekend. you can see angel grenados diaz walking into high school with a shotgun hidden under something under his arms. confront its diaz and takes the gun. another teacher grabs the weapon as low keeps a tight hold on the student. we can see the two talking and hug there go in the hallway. police arrive a short time later with guns drawn and they arrest the student. the 19-year-old never intentionally pointed a gun at himself. he reefed three years pro paegs. >> the teen's tlour and receiving the treatment he needs. this goes on to say with the help of his family and friends and with the support of his community look to do just that. angel would like to thank mr. low, the parkrose high school community and all those who have supported him throughout this process. we should take a moment this afternoon to remind you or if someone you know is having thoughts of suicide call the number on your screen. 1 (800) 273-8255.

KOIN-POR (CBS)

Oct 21, 2019 • 12:00 PM

B_OCT_OREG_73

ken: we're getting a new look at the moment a coach at parkrose high school confronted a student with a gun, and in crisis. newly released surveillance video shows the moment when coach keanon lowe took a shotgun away from a student five months ago. angel granados-diaz

brought a gun to school back in may. he would later tell police that he had planned to complete suicide, and the gun was loaded with a single round. coach lowe says when he saw the gun, his instincts took over, and he wrestled it away from the student. after disarming him, the coach gave granados-diaz a hug. >> he broke down and i just wanted to let him know that i was there for him. i told him i was there to save them, i was there for a reason, and that this is a life worth living. ken: this month, granados-diaz pleaded guilty to gun possession charges. he was sentenced to three year's probation and will receive mental health treatment.

KDRV (ABC)

B_OCT_OREG_74

Oct 21, 2019 • 12:29 PM

we are hearing from the oregon high school coach who disarmed a student who reportedly intended to kill himself. surveillance video then shows the coach embracing the teen. polo sandoval reports. angel granados-diaz walked onto his northeast portland, oregon high school campus back in may armed with a shotgun loaded with a single shell. this newly-released surveillance video shows us what happened next. that's campus coach and security guard keanon lowe encountering diaz at the entrance to a classroom... he grabs the gun with one hand, and reaches for the crisis- stricken 19-year-old with the other. what follows was a consoling hug and a conversation - allowing police time to respond and take control. coach lowe has kept a relatively low profile for the last five months... only discussing that moment publicly a few times including this interview with gma after it happened. keanon lowe/ disarmed student: "i feel like i was put in that room, in that moment for a reason, to protect those kids ..i end up getting the gun from him. getting the gun with my right hand and holding him off with my left hand and calling for a teacher to come grab the gun from me." the surveillance video confirms accounts from witnesses and likely re-assures parents who had feared the worst on that summer day. nats "by the grace of god nobody was hurt possession of a firearm and was sentenced to three years probation. as part of the deal, he'll get mental health and substance abuse treatment. in a statement, the deputy district attorney confirmed diaz never intended to hurt anyone other than himself. the d-a's office also determined the weapon did not fire when diaz pulled the trigger, giving a consoling coach time to act.

KGW-POR (NBC)

B_OCT_OREG_75

Oct 21, 2019 • 6:04 PM

take a look at this video that's been shared around the world. it shows that moment in may that a student brought a gun into the classroom at parkrose high school and the moment a staff member disarms him. >> we've been showing the video because it demonstrates just how a moment of compassion can help save a life. devon haskins joins us. you spoke with crisis interventions experts about what happened at parkrose in may. >> everyone i talked with agrees mental health is a very important topic to talk about and that hug keanon lowe gave the student may have just been what was needed to save a life. in this video from may 17th of this year you can see the student walk into parkrose high school carrying a covered up loaded shotgun in his arms. moments later security guard and football coach keanon lowe walks in

after him. >> get a call to go grab a student. i get 30, 40 calls every day to just grab random students to take them down to the office. >> lowe spoke th media a few days after the incident. >> pretty crazy situation. in the fraction of a second i analyzed everything really fast. i saw the look in his face, look in his eyes, looked at the gun. i realized it was a real gun and my instinct is just took over. >> in a remarkable and powerful move keanon lowe gives that student a hug and stayed with him till police arrived. >> i told him i was there to save him. i was there for a reason and that there is a life worth living. >> crisis intervention experts say what lowe did may have saved his life in the future. >> i think for the student that was an opportunity to maybe put his life in a completely different direction to know that he was loved and cared for. >> as part of his plea deal for bringing a loaded weapon into a school, the student was sentenced to three years probation and ongoing mental health treatment. >> treatment of mental health concerns and awareness about them are the best steps for people to feel better and more able to achieve their goals in society and so mental health treatment is really a great avenue for that. >> it's a hug that saved not only one live but maybe others watching the video. >> it really helps people come forward and speak about the concerns they have because they feel they might not be shunned or stigmatized because of it. >> in a statement sent to kgw, the student's lawyer said that his client is now beginning the process of adjusting back to life in the community and receiving the treatment that he needs. >> we've been hearing from kind of what happened there, what keanon lowe and this student went through. to see it on video is really remarkable. >> it's something i think a lot of us have watched multiple times. >> if you are somebody who would like to look at it, you can watch the full video on www.kgw.com and our mobile app. you can find it on the kgw youtube channel. >>> we want to remind you if you or someone you know is struggling, there is always sody avlable to talk to at the national suicide prevention lifeline. the number is on your screen now, 1-800-273-8255.

KPTV-POR (FOX)

Oct 21, 2019 • 6:05 PM

B_OCT_OREG_76

the multnomah county sheriff's office says he was experiencing a mental health crisis. >> i said i was there to save him. i was there for a reason. this is a life worth living. in a statement, the attorney for diaz says he took the shotgun to park rose high school to harm himself and nobody else. to it quote his own statement given to law enforcement. i didn't mean for any of this to happen. i'm sorry for all of this. we wish to echo that sentiment. although he wanted to end his life, fate had something else in store for him. e is now beginning the overwhelming process of adjusting back to life in the community and receiving the treatment that he needs. earlier he pleaded guilty to two charges and sentenced to three years' probation. it includes mental health treatment.

KEPR (CBS)

Oct 21, 2019 • 5:18 PM

B_OCT_WASH_41

a new report shows a startling number of law enforcement officers die every year by suicide. it also shows most officers are too afraid to get help . >> tonight spotlight on america reveals how two officers who hit rock bottom are now helping others to survive. >> reporter: this place is

beautiful . >> the golf course in south dakota and a world away from new york city streets. that is where keith was a cop for 11 years. >> reporter: the day we caught up with him, he was playing a round with another retired police officer. who knows firsthand what it is like to protect and serve at work.cand still juggat home . >> when you put the children, that uniform on, and most acts as a reflective area. that whatever you are going to at home, you leave in your locker. >> reporter: being a cop is in his blood. his father was a cop. when a custody battle tore his life apart, he hit rock bottom. i was told to not bring your personal life to work. how do not? truckee drank way too much and showed us suicide not written. even on his darkest day, his parents were too afraid to call for help. >>> they were afraid that i would be fired and everything would be taken away. >> reporter: worries about the stigma are common. listen to the spouse if a police officer who called 911 and her husband threatened to kill himself. >>> this is a death sentence to his career. >> reporter: he was stopped in time but the stigma of asking for help has led to an alarming number of suicides. in the past three years alone, there have been 647 reported law enforcement suicides. hotspots nationwide light of the map . >> i to know two guys who took their own lives. i thought about it myself, especially under the influence of alcohol. >> reporter: for years, one man kept the secret in the shuttles. >> we were the guys who fixed everything. >> reporter: it is one of the reason why first responders are five times more likely to suffer from ptsd and depression and civilians. >>> drake, it suppressed all of my feelings and emotions. >> reporter: he would climb his way out of alcoholism and eventually get help. we discovered that 34 states will not pay workmen's compensation or officers who take time away from their jobs to get help. for keith, that leaves far too many cops fending for themselves and suicide becomes an awful and permanent solution to what should be temporary problems. he was saved by another officer in his department, who he called jack . >> all jack wanted to do was talk. he proved to me that i was not alone. that there was hope and he would do everything he could to get me help. >> reporter: he is now speaking out to so the other struggling cops a crossed the country can get that same help before it is too late.

KING-SEA (NBC)
Oct 21, 2019 • 6:16 PM

B_OCT_WASH_42

that remarkable video, the coach disarming a student with a shotgun and then the emotional embrace. now the district says that video should never have been released. here is blayne alexander. >> reporter: it's a life-changing embrace from a potentially life-ending encounter. 19-year-old angle diaz came to his portland high school armed with a shotgun but officials say there was only one round inside. his plan? to use it on himself. >> i saw the look in his face look in his eyes, looked at the gun and realized it was a real gun. >> reporter: diaz turned the gun on himself but it malfunctioned. the school district criticized the d.a.'s decision to release the chilling video to the public showing students scrambling and coach keenan lowe jumping into action. >> i lunged for the gun and put two hands on the gun and he had his two hands on the gun. >> reporter: that's when lowe was able to take the shotgun in return, giving something much more powerful. >> i told him i was there to save him i was there for a reason, and that this is a life worth living. >> reporter: soon after police stormed in, the student who officials say was battling a mental health crisis is now getting treatment. his attorney says although angel wanted to end his life that day, fate had sething else in store for him. it was fate that brought

the coach to the school, a college football star turning to education because he wanted to change lives and on this day, he may have saved one blayne alexander, nbc news.

AM 860

Oct 22, 2019 • 5:30 PM

B_OCT_OREG_77

last Sunday a tear up when they watch a viral video shows a Portland high school coach in a long hug with suicidal student who had a gun and was planning to shoot the coach prevented the shooting last spring video of the intense long hug was just released and immediately went viral down and let him know that I was there for him since he first tweeted out this video Friday evening it has been viewed more than 5 million times around the world on my Twitter account alone the vast majority of comments expressed how deeply people or move.

KATU-POR (ABC)

Oct 22, 2019 • 6:43 PM

B_OCT_OREG_78

in spotlight on america we look at a startling trend, suicide amongst the law enforcement community. how two officers who hit rock bottom are helping others to survive. >> the true blue golf course in south carolina is a world away from new york city streets. that's where keith mcextinguishing was a cop for 11 years. the day we caught up with him he was playing a round with another retired police officer who knows firsthand what it's like to protect and serve at work. >> drop the gun now! >> still have a life at home. >> when you put that shield on, that uniform on, it almost acts as a deflective barrier. whatever you're going through at home you leave in your locker. >> being a cop is in his blood. his father a career cop. but when a custody battle tore his life apart he says he drank way too much and showed us suicide notes he had written. even on his darkest days his parents were afraid to call for help. >> they were afraid i would be fired. >> those worries are common. listen to the spouse of a police officer who called 911 when her husband threatened to kill himself. >> death sentence to his career. >> he was stopped in time but the stigma of asking for help has led to an alarming number of suicides. in the past three years alone there have been 647 reported law enforcement suicides. hot spots nationwide light up the map. >> i know two guys that took their own lives. i thought about it myself sometimes. especially under the influence of alcohol. >> for years detective paul maloney kept his secret in the shadows. >> we see so much, we are the guys that fixed everything. you didn't want to share that you were weak. >> it's one of the reasons why first responders are five times more likely to suffer from ptsd and depression than civilians. >> we went out and drank. i suppressed my feelings and emotions. >> he would eventually get help but we discovered that 34 states won't pay workers' compensation for officers who take time away from their jobs to get help. for keith that leaves far too many cops fending for themselves and suicide becomes an awful and permanent solution to what should be temporary problems he told us. mcextinguishing was saved by another officer in his department who called jack. >> all jack wanted to do was talk. he proved to me that i wasn't alone. that there was hope. and that he was going to do everything he could to get me help. >> now he's speaking out so that other struggling cops across the country can get that same help before it's too late. >> a recent study found nationwide more officers died by suicide in 2017 than died in the line of duty. 140

compared to 129. to help fight the problem locally oregon state senator lou frederic is co-sponsoring two bills. one would require all law enforcement agencies in oregon to psychologically evaluate applicants before they become officers and require the state to create standards for those evaluations. the oregon association chiefs of police and the oregon state sheriffs association supports the efforts. we reached out to portland police for comment, have not heard back yet. >> experts say most mental health crises are temporary and will pass. you can always call the national lifeline. or find out more information at suicidepreventionlifeline.org.

KOBI

Oct 22, 2019 • 6:15 PM

B_OCT_OREG_79

everyday ... somebody takes their own life. suicide doesn't just affect one group of people ... it affects everyone. here in our community... and across the nation ... seniors are taking their lives more often than anyone else. health officials say a lot of that is attributed to the feeling of loneliness. nbc5's blakely mchugh explains why it doesn't have to be this way. "one lady told me when her husband passed away she was kind of languishing around at home." its a common story for many seniors... as they continue to age ... friends and loved ones start to pass away. and often times that leaves people feeling lonely. " you have a smaller network of people to interact with. And eventually it starts to deteriorate even more, as people pass away, or move away, like i said, their health conditions, because they can't just be like they used to. and it gets really lonely for folks, they start to that deterioration starts kind of compound on them." those feelings can cause many to think about taking their own life. "we a lot of times think of youth being at the highest risk, but it's actually a white males age 70 and over." seniors can face many barriers when it comes to living life like they used to. some of those include - losing your drivers license and not being able to go where you want to go. or having a broken down car ... and not having the income to fix it. "but now they may have trouble driving, or their sibling or their spouse used to do a lot of the care has died or moved away or something. and now they no longer have access to the transportation, so they can't access some of these services, whether it be mental health, physical health, that they might have been able to access before." and living in southern oregon ... poses its own barriers. there are many rural areas that don't have bus routes ... or a local senior center ... or even volunteer groups that pick up seniors and take them where they need to go. And maybe you live in a more rural area that doesn't afford you the opportunity to travel in and out of town like you may be used to when you were younger. so a lot of people feel really isolated and lonely ." of course... theres no way to replace the loved ones you've lost but there are ways to get out there.. re socialize ... make new friends... and find purpose in your life again. here are some ideas: visit your local senior center "we ha ve all kins of card games and board games, we have a book club and writing club." "its a good place to come, everybody is friendly and nice and its really a nice place to come." try to find a way to give back ... even if you cant leave the house. "doing something for others, no matter what it is crocheting hats, you know, to donate to the hospital. sign up to have meals delivered to your home. even something as simple as meals on wheels that just kind of knocks on their door, you know, at lunchtime every day, can be so impactful on a person's life. or reach out to someone you haven't talked to in awhile... and if theres no one you feel you can call ...

theres people you can talk to about that.. like: the senior loneliness line at 503-200-1633 or 800-282-7035. experts say the key... is to turn the idea of hopelessness... into hopefulness. "its sad, because it doesn't have to be that way, suicide is the number one most preventable cause of death so, it's amazing. when people do get help, there's amazing transformations that happen." if you feel like anything we've said here resonates with you ... we want to help. here are some additional resources: if you have thoughts of minor depression ... see if the pearls program is a good fit for you ...that number is 541-423-1363. find out if you're eligible for the meals on wheels program or volunteer for it. you can also call r-v-cog seniors and disability services at 541-664-6674. and if you or someone you know is struggling with thoughts of suicide... you can call the national suicide prevention lifeline at 1-800-273-talk. that's 1-800-273-8255. you can also text the crisis line at 7-4-1-7-4-1.

KXLY (ABC)

Oct 22, 2019 • 5:12 PM

B_OCT_WASH_43

the day before spring break, troy, the former principal at coeur d'alene high school took his own life, leaving behind seprina, his son and daughter. 15:27:32we had a life that we really loved and we all want that life back." :05in his death, she searched for answers and began researching c-t-e, a brain disease caused by concussions. 15:28:41"i have no doubt that this all started with this bus crash." troy was heading to a wrestling tournament in 2001 when the driver suffered a heart attack. he ran to the front of the bus to take control when it hit a tree. 15:29:05"he had a whole month that he didn't remember at all." :03over the next 15 years, there were two more concussions. troy's mood changed, and the headaches grew worse. 15:30:04"in his final note, that was one of the comments he made was that he had a headache that just never went away." :03seprina has no doubt the bus crash slowly killed her husband. she wasn't thinking about c-t-e at the time of his death -- and since troy was cremated -- there's no way of proving he had the disease. 15:29:36 he just wasn't willing to take the time to take care of himself because he had too many other people to take care of." :09troy's story is personal. it's not an easy one to tell. but seprina says it needs to be. 15:34:52"i think we need to remove the stigma behind asking for help, not feeling like you're weak." :015:38:58"if we don't talk about these things and stay silent, nothing ever changes." :04 if you or a loved one is having thoughts of suicide --recovery is possible -- there is help available. the national suicide prevention lifeline is on your screen, 1- 800-273-talk.

88.5 KNKX

Oct 22, 2019 • 7:30 PM

B_OCT_WASH_44

I spoke to duty for tips about this she's a sociology professor at Rutgers University from the trade looking at him for safe because sick his youth she walk me through a couple of grouse that showed the rate of suicide among many different age groups those rates vary widely from the young and the very old increasingly however a middle-aged man appeared to be growing risk we saw a family shop increase and suicide rates among men beginning 19_ninety__nine_ so afraid Sompo I'm my own man aged 15 to 50 saw we saw an increase of almost 50% and necessary the increase in the suicide rate among middle-aged man is struggling it's also a

question of historical patterns compared to one in generations the optic and suicide seems to be studying a yard and earlier especially for men one common interpretation of this trend is that it's driven by economic problems Judith things it's more complicated the trend of rising suicide rates among middle-aged men began in the late 19 ninety's well before the great recession that started in 2007 action from 1999 to 2005 the increases among women aged really confined to those things as did not have A college education but since 2005 and is now supporting that is really then across the bow I don't CDs differences by education judy has other ideas about what might be driving these changes people have fewer social supports the more likely to live far away from family many are opting out of marriage many I'm getting divorced even when he chose to connect with other artists were often not doing it in person I also want to just about the ways in which we we interact and and learn and how that has changed so for the past 15 or 20 years is our new the rise of social media less face-to-face contact our entertainment said the come up private it's nearly what to feed come out then kind of diffuse effects com also and that that may also be having me and should be more to the feelings of isolation social isolation could also be producing some of these rising rates again the told social isolation isn't just emotional an analysis of nearly 150 study has found that people with strong social relationships had about 50% mortality risk than those with weaker ties Julianne Hough constand and her co authors concluded that those with weaker so relationships have a greater risk of death that people who are physically inactive or obese let me put it another way spending time in building and nurturing your friendships might be just as important your health as eating right and exercise when we come back we look at the cautious approach to this problem these sara no human beings with unbelievable all emotional and social capacity and we as a culture just completely try zip out of them and you know it stay with us this isn't P.R.

KUOW-FM (Radio)

B_OCT_WASH_45

Oct 22, 2019 • 11:30 PM

I think this moment demands that that we say things that are true and see things clearly an act decisively and on guns if we're going to avert the 40000 gun deaths Yes suicides are a big problem I think universal background checks extreme risk protection orders can go a long way towards reducing gun suicide raising the age to purchase from 18 to 21 will go a long way to reducing gun suicide in this country but when you get to these acts of terror they are being committed when you understand that a White nationalist White supremacist terror is the number one domestic law enforcement challenge right now.

KPLU-FM (Radio)

B_OCT_WASH_46

Oct 22, 2019 • 10:30 PM

I spoke to Judy for tips about this she's a sociology professor at Rutgers University from the trade looking at half FIFA Pence ticket to a she walk me through a couple of us that showed the rate of suicide among men of different age groups those rates vary widely from the young and the very old increasingly however are middle-aged men appear to be growing risk is a family show up increase and suicide rates among men on beginning 19 _ninety__nine_ so afraid

Sompo among men aged 15 to 50 saw we saw an increase of almost 50% in this suicide rate the increase in the suicide rate among middle-aged man is struggling it's also a question of historical patterns compact generations the optic and suicide seems to be studying a yard and earlier especially for men one common interpretation of this trend is that it's driven by economic problems you anything it's more complicated the trend of rising suicide rates among middle-aged men began in the late 19 ninety's well before the great recession that started in 2007 action from 1999 to 2005 the increases among women aged really confined to those on the list did not have a college education.

KEZI (ABC)
Oct 22, 2019 • 5:10 PM

B_OCT_OREG_80

in tonight's project safe family: in this video from may -- you can see the student walk into parkrose high school -- with a covered up loaded shotgun in his arms. moments later -- security guard and football coach keanan lowe walks in after him. you can see lowe hand over the gun.. and... then he hugged the student and stayed with him until police showed up. crisis intervention experts say not only did lowe's actions likely help that student.. it could have an impact on others who saw the video... who might be embarrassed about needing help. it really helps people to come forward and speak about the concerns they have because they feel they might not be shunned or stigmatized because of it. //stitch i told him i was there to save him, i was there for a reason, and this is a life worth living. as part of his plea deal for bringing a loaded weapon into a school -- the student was sentenced to three years probation and ongoing mental health treatment. his lawyer says he's starting to adjust back to life in the community.. and getting the treatment he needs. if you're struggling... or know somebody who is -- there is always somebody available to talk at the national suicide prevention lifeline. the number is 1-800-273-8255.

KXLY (ABC)
Oct 22, 2019 • 6:31 PM

B_OCT_WASH_47

discussing suicide can be difficult. yet, our friends, family and children may be dealing with thoughts of hopelessness every single day. it's a harsh reality-- suicide is the second leading cause of death among teens and young adults in the united states is suicide. new at six-30 our maher kawash dives into the conversation with how you can discuss it with your loved ones. there really isn't an age limit for this. there are kids as young as 10 years old killing themselves. but the answer to this issue starts at home and it starts with a conversation. in january of 2018 the tragic suicide of tyler hilinski started a conversation around spokane. the pain the w-s-u football player endured and the pain his family felt after he was gone. but they weren't alone in that pain. in 2017, 318 kids between 10 to 17 years old attempted or committed suicide right here in spokane county. and even if we don't see it at the time, there's almost always a warning sign. sabrina votava, president of fail safe for life 16;10;12"the vast majority of folks who die by suicide do show some warning sign ... often times what happens is it's given to 1 or 2 or 3 people inside that person's life and then the rest of us are blindsided."11 sabrina votava is the president of fail safe for life--a non-profit suicide prevention organization in spokane. but

votava herself was blindsided back in 2003 when her two brothers each committed suicide in the span of just six months. nat pop 16;15;38"it doesn't ... it never leaves you" 02 16 years later she says it still hurts. that pain doesn't go away, but the chance to hold a conversation with someone else does. 16;08;50"just saying have you ever had thoughts of suicide or maybe do you have any friends that are having thoughts of suicide or struggling right now ... and what's been going on with them and i want you to know it's safe to come to me."12 spokane health officials say about 32 percent of youth in the county felt sad or hopeless in 2017. about 19 percent seriously considered suicide-- and usually there's a common trend in those people. 16;14;26"but often times the themes are that a person is feeling disconnected, they don't feel like they have a place where they truly belong they might not feel like they can be themselves and be accepted."10 and with the holidays right around the corner, coping with the loss of a loved one can be even harder. 16;17;51"it can be a really confusing difficult time and i will say there is no right or wrong way to celebrate the holidays ... everybody does it differently, we find that it's just a really important time for people to remember is up to you, it's personal ... and there's no wrong way to do it."16 if you're grieving the loss of someone who took their own life, you can join a support group that meets each tuesday. you can find that info on our website ... and the suicide prevention line is also always open 1-800-273- 8255

KHQ (NBC)

Oct 23, 2019 • 6:00 PM

B_OCT_WASH_48

when he came out of that house friends responded first... police say they tried to talk a suicidal man out of ending his life... when it got too much for them... they called 911. that man was shot by a spokane police officer just a short time after they arrived. khq's Patrick Erickson has been on scene all afternoon... patrick... the sheriff's office and state patrol are investigating... exactly what happened that led up to that fatal shot being fired. right now detectives are trying to difure out what lead up to this shooting that left one man dead. around 1:30 this afternoon police got a call of an armed suicidal man at a home here near garnet and ferrall. around 1:30 this afternoon police were investigating reports of a suicidal man armed with a gun in a home bear garnet and ferrell. they were speaking with witnesses when that armed man appeared. an officer told him to drop the gun and then man then turned around and pointed the gun at the officer. that's when the officer fired his rifle. officers immediately began cpr until medics pronounced him dead here at the scene. a gun was recovered near the body. i have confirmed that the officer that fired was wearing a body camera and it was recording at the time of the shooting. the officer who has not yet been named, has been placed on administrative leave which is standard procedure. so far the identity of the man who was killed has not been released. on cam anyone with information on the shooting is asked to contact the Spokane County sheriff's office.

KING-SEA (NBC)

Oct 23, 2019 • 4:45 PM

B_OCT_WASH_49

the new York city police department is announcing a new effort to get struggling officers the help they need. this comes after a string of officers taking their own lives. the commissioner

says they are in a crisis and are hoping working with the world-renowned medical center will help. >> this morning nypd commissioner jimmy o'neil and new york mayor announcing a brand new mental health program for the nation's largest police force. confidential and no cost counseling, even medication if needed. >> the biggest thing is it is anonymous, and it is at no cost to the police officers and members of service. >> anonymous so any officer can call and it won't be recorded there their file? >> no, it is not. they will maintain a data base. we will know the number of people that go through the program that are availing themselves of help and that is important. >> the program called finest care will cost the city up to \$1 million for the first 18 >> a lot of times the biggest challenge is for officers to know it is okay to need help yourself. you are also giving help to other people. you sometimes need help yourself. >> think about the stress and the trauma they see everyday. you go to shooting scenes, murder scenes. we don't really talk about it. >> a record ten active duty nypd officers have taken their lives this year. double the rate of recent years. commissioner o'neil has called it a crisis. the sister of one officer who took his life in june called avoidable. >> this was 100% preventable. he needed help. they knew that. >> it is a tragedy that reaches far beyond new york. nationwide at least 184 officers have taken their own lives so far this year. other cities like chicago and houston began offering anonymous free counselling in recent years. >> i don't think it is a little late. i think we reacted immediately. everything we put in place, we didn't wait till last -- last week. this has been an ongoing process throughout the year. anyone to have an expectation this would happen? absolutely not. >> i am just wondering -- do you regret not doing something sooner? . >> of course i do. ten officers killed themselves. how could i not regret that? i was a cop for a long time. i know what they face each and everyday. to think i wouldn't regret it -- that is a little unfair. >> this is a mission. whatever it takes, we are going to do it. >> relations between police officers and the mayor have been tense. >> you continue to grand stand in the back of police officers and show up when we are dead. >> they have accused the nypd of sidelining officers who do seek counseling. >> stop destroy careers of cops. >> we are looking to help people. we are looking to help >> the families of officers who took their own lives gathered for a mass in their honor. >> after the mass you brought them up on the alter. as i'm looking at them i'm thinking think about how each and everyone of those people are suffering. >> we just know some one will see this and it is going to inspire them to seek help. >> yeah. >> if it was even one person, it was even worth it. >> yeah. >> i really appreciate all the conversations different agencies are having. realizing these are the people on the front lines. we need to take care of them. it is like you are tough, take care of yourself.

KXLY (ABC)
Oct 23, 2019 • 5:57 PM

B_OCT_WASH_50

police shoot and kill a man in northeast spokane. it happened near esmerelda golf course-- close to cooper elementary school. 4 news now was the first on scene and our crew is still out there right now spokane police say this all started when a neighbor reported an armed suicidal man. police say the man had two firearms. his friends were able to get one away from him. witnesses told police -- it looked like the man was pointing his weapon towards them. police arrived soon after and that's when the shooting happened. our nikki torres has all the information on this breaking news story which you saw first on four news now. police told us this afternoon...

events happened very quickly -- in the matter of 20 to 30 minutes -- from the time the 911 call was made to when police shot the man. spokane police said they saw the armed man... told him to drop his weapon. he did not. and they say it looked like he was in a shooting position - that's when a police officer fired. it happened in the neighborhood on garnet and thor street.. i spoke with several neighbors in the area and each one of them tell me, it's a relatively safe and quiet neighborhood. there are a number of families who live around here, and the most crime action they get is drivers speeding down the street. i talked with one man who was just here on a job -- he was delivering new cabinets to a woman's home -- and that's when he saw an officer just fifteen feet away armed with a rifle.

KREM (CBS)

Oct 23, 2019 • 11:00 PM

B_OCT_WASH_51

Spokane police say they were responding to a suicidal man with a gun when suddenly that man pointed a gun at officers? he was then shot and killed by police. it happened in the hilliard neighborhood this afternoon about a block north of cooper elementary school. police say they first saw the suspect walk out of a house with a gun. they say the suspect pointed the gun to the west potentially towards a person. but when officers yelled at him to drop the weapon they say he turned and pointed his gun at police. investigators say the officer on scene then fired at least two rounds from a rifle. we've also learned that officer was wearing a body camera and the camera was turned on. so it will be invaluable in the investigation. we'll be keeping a close eye as this continues to develop we'll bring you the latest as it becomes available.

KXLY (ABC)

Oct 23, 2019 • 11:00 PM

B_OCT_WASH_52

four news now was first on the scene to a deadly shooting in northeast afternoon... when police shot and killed a man near esmerelda golf course-- close to cooper elementary school. police say the man originally had two firearms -- but his friends were able to take one away from him. officers say someone in the neighborhood reported an armed suicidal man. witnesses told police -- it looked like the man was pointing his weapon towards them. 00:45:29:00 sot/kelly maguire/witnessed shooting ("kind of shaken after the fact, because i was just here doing a job and just didn't think anything of it. you know, normally 9/10, officers get their guns out just for safety. but you never expect for them to actually shoot somebody.") the man was pronounced dead at the scene. the shooting is still under investigation -- police say the officer's body camera was on and recording -- the officer and the man who was shot have not been identified yet.

KGMI News/Talk 790 (Radio)

Oct 24, 2019 • 5:35 PM

B_OCT_WASH_53

a Spokane police officer shot and killed a person carrying a gun near a golf course police chief Craig miles said police received a call from people trying to comfort a suicidal individual at about one 30 yesterday afternoon the spokesman Review reports that within 30 minutes of the call and officers saw a man exited residents The firearm in his hand I told him to drop it says a

person then turned to point a gun at the officer the officer fired at least two shots person was pronounced dead at the scene.

KVAL (CBS)

Oct 24, 2019 • 6:05 PM

B_OCT_OREG_81

those contemplated suicide are welcome to get help tomorrow in cottage grove. it is operation veteran freedom. >> reporter: more american veterans are dying by suicide. the rates are soaring. the revised department of veterans affairs say 17 vets per day die by suicide in this nation a regional northwest program is trying to make a difference for the vets to give them new hope. navy veteran mark ayers said they should not have to relive trauma to get help. if you can bring power and freedom to their life they feel like living. >> reporter: that's the goal of a two day workshop of operation veteran freedom. >> know what it's like to feel hopeless and i know what it's like to live life with hope. >> reporter: he say there is no meds involved, no psychological treatment. it's using technology of brain science, helping the vets see their problems in a new light. >> just imagine it's coaching. it's not content, not information. >> so addressing what kind of problems vets are having? >> the past. okay. things happen in the past and we carry it forward, those of us with ptsd, we have stories. >> reporter: sean is a vet that under went back surgery and his meds triggered multiple brain disorders. >> gathering a few veteran together has been able to have positive communication and we're able to speak to each other in that manner. >> reporter: workshops are friday and saturday at 8:30. those sessions are free to vets and family members. registration is required. go to kval.com to find the lynn tocooa register to go.

KDRV (ABC)

Oct 24, 2019 • 5:22 PM

B_OCT_OREG_82

developing now... a man from weed california is fighting for his life with burns covering 70-percent of his body. this started saturday when police responded to reports of a suicidal man attempting to light himself on fire. 47-year-old paul jason hall doused himself in a flammable liquid. and after police arrived, a confrontation took place and an officer fired a stun gun at him. hall caught on fire and the officer suffered burns as well. the officer hasn't been identified and his condition is unknown. police in weed declined comment because of the ongoing investigation.

KMTR (NBC)

Oct 24, 2019 • 5:04 PM

B_OCT_OREG_83

Oregon veterans going through trauma or contemplating suicide are invited to workshop tomorrow and Saturday in cottage grove. the all-day workshops are sponsored by the national alliance to end veteran suicide , a navy veteran said he faced everything from road rates to ptsd to fear of even stepping out of his house. he claims other therapies did not help. operation: veteran freedom has free workshops that are set up for tomorrow and Saturday at the odd fellow's hall in cottage grove. mark ayers says the program is for all veterans going through

trauma from all areas to help the vets reach breakthroughs. >> just imagine it's coaching. it's not content. it is not information. it is coaching, and good coaching brings out what, the best in people. >> gathering a few veterans together, he's able to have positive communication, and we are able to speak to each other and that a manner. >> there is no cost to veterans and their families to attend, but preregistration is required. operation: veteran freedom programs begin at 8:30 friday and saturday mornings.

KXLY (ABC)
Oct 24, 2019 • 6:53 AM

B_OCT_WASH_54

investigators are trying to piece together what led police to shoot and kill a man yesterday, near esmerelda golf course. two people who knew the man called 9-1-1 saying he was suicidal... and had two guns. those friends got one of the guns away from him... but when officers arrived, police say the man came out of his house still holding one of them. officers ordered him to drop it... but he did not. according to police... the man turned toward an officer with the gun pointed... the officer then fired, killing the man.

KATU-POR (ABC)
Oct 24, 2019 • 9:42 PM

B_OCT_OREG_84

i'm here tonight because -- we told you about osha international, we're proud to be honored by them with their mental health champion award at the celebration of hope. genevieve shows us how the organization works with schools to help struggling teens. >> it says i'm fine, one direction. upside down it says save me. >> reporter: she's talking to a health class about her tattoo. its uniqueness resonates with a lot of people. >> within the week it went international. >> reporter: in the summer of 015 she shared a photo of it on facebook alongside a profession of pain. >> i don't know why i feel so worthless, when i know i should feel happy. >> reporter: with 36 # oh -- 360,000 shares and counting, many remember her story. >> it just captured my depression perfectly. >> reporter: but inside the classroom her story really isn't about her. >> that's why we're here today, we want to share our stories and put a face to mental health. >> reporter: it's about shattering the stigma and saving lives. >> it was just so debilitating and i didn't know what to do, that when i was 13 i tried to kill myself. >> reporter: the students hear from puts spell peers, they provide context on mental illness, from destructive depression and cultural challenges, similar to the ones the founder dealt with -- >> it's all about the honor in my culture. that i had dishonored them publicly by being mentally ill. >> reporter: to the manic moments of bipolar disorder. >> i thought the songs on the right were talking about me. it is a lot of work to get to a place of peace, but it is worth it and you can do it. >> reporter: to be that beacon of hope. >> you're not alone in what you're feeling. >> anchor: by the way, asha means hope in some ancient languages. genevieve is also emceeing the event tonight. remember, experts say most mental health crises are temporary and will pass. if you need someone to talk to, you can call the national life line, or get more information on immediate resources online at suicide prevention life line.org.

KPTV-POR (FOX)
Oct 25, 2019 • 8:25 AM

B_OCT_OREG_85

it's a good day to be alive after losing a loved one to suicide -- two local sisters are now working together to help you find the mental health services you need. they developed an app called "your wayve" and they hope to have it up and running in the next few months. fox 12's kelsey watts shows us how it will work. --ll intro this concept really came out of a heartbreaking loss. so many people need access to mental healthcare but most of us have no idea where to start. that's exactly where leslie abraham and her family found themselves almost 10 years ago. -pkg(cover) 06:21 "he was a friend to everybody, he really just lit up a room." scott boxell was full of love and life. (cover) 13:05 "one of the things i'll never forget about him is what a good dad he was." a dedicated husband and father with a passion for sports he was a high school coach and counselor when he had an onset of mental illness. his wife, leslie, says it was very difficult trying to determine what their health insurance would cover which providers were taking new patients and what kind of treatment they should be pursuing. 03:35 "we just felt lost." stitch to 01:13 "we spent about six months trying to navigate the mental health system." (stephanie kirsling/scott's sister-in-law) 07:43 "one of the things leslie says often is they were in a race against time and time ran out." on october 29th, 2009 when leslie was six months pregnant with their second child scott took his own life. (leslie abraham/scott's wife) 05:05 "it was excruciatingly hard and painful, not only because i lost my spouse but i lost him to suicide and the stigma surrounding suicide is just wrapped up in so much shame, i felt buried by it." through that experience his wife and sister-in-law developed an app called "yourwayve" designed to simplify the process for people who need mental health services. it's not live just yet but they showed us how it works. you plug in the symptoms you or a loved one are experiencing nats @ 17:08 "suicidal thoughts, self-harm, trouble sleeping." and you're matched with a list of providers who can help based on factors like your insurance, location personal characteristics, like whether you want a doctor who is a good listener or has a sense of humor. 21:11 "it really does matter, especially with mental health, that you are with someone that you trust and can relate to." you'll also be able to book an appointment right from the app a resource they hope will save lives in the future. --ll tag right now, they're working on more funding and research and they hope to partner with a health plan to officially launch the app sometime in the next six months. to learn more, we'll have their website for you in this story at kptv dot com. kelsey watts, f12o. as part of fox 12's "better together" initiative -- we would like to remind you that if you or someone you know needs help -- there are people out there who are ready to listen. for more information about resources -- head to our website at kptv dot-com slash "better together."

KEPR (CBS)
Oct 25, 2019 • 6:00 PM

B_OCT_WASH_55

the corners office released the identity of the man who died after being hit by a train. authorities say the 59-year-old died at the scene. the incident happened just after 5 pm last

night. a few months. the railroad crossing sign and armed guards were functioning at the time of the accident. the coroner has ruled his death a suicide.

KGW-POR (NBC)

Oct 25, 2019 • 6:05 AM

B_OCT_OREG_86

the Washington county mall wants you to keep an eye out for erin mcclintock. she dropped off two of her sons and hasn't been seen since. her supervisor got worried when she didn't show up for work and her red kia sol was parked outside of the aquatic center. the family says it's strange for her to be out of touch for so long. but, one of her sons says something was wrong. >> she is usually welcoming, happy and calming, but for the past week, it was the exact opposite of that. >> investigators don't believe mcclintock is suicidal or battling mental illness. they don't suspect foul play. if you have seen her or have any information, call the washington county sheriff's office. it's 503-629-0111.

KOPB-FM (Radio)

Oct 26, 2019 • 8:30 AM

B_OCT_OREG_87

Mike Keenan this is bill larsen he's a retired state Patrol captain who was brought in last year to run the show land County Jail Wenatchee Washington he says he found an overcrowded and understaffed jail where inmates regularly manufactured alcohol consumed drugs and assaulted each other and then there were the suicide attempts not an everyday occurrence but it's not extremely rare eager inmates will cash in some kind of a newsstand trying to hang themselves in 2017 an army veteran named Jeremy lavender died by suicide initial land County jail sense that Larsen said his staff has saved the lives of a number of suicidal inmates but he worries about another death comfortable saying that it's you know not matter it matters when larsen has requested more staff is making changes to how the jail operates ultimately though he believes Schwan County will have to build a new facility if they want to make the jail safe for inmates and staff but there's a lot of opposition to building jails and Murray from hoppers active in jail politics in Spokane County where 8 inmates died in 14 months she says on the one hand jails can make the public safer on the other harm can come to the people inside them see you really have this friction between public safety versus individual welfare fraud Hoffer believes it's possible result of that friction by focusing more broadly on ending mass incarceration she says that means increasing access to jail diversion programs and addressing the fact people in jail often can't afford bail and for those who do need to be locked up we're looking at but as opposed to mass incarceration facility look like here from Hoffer borrows an image from of fellow activist imagine jail she says with more classrooms themselves back in Mason County chief deputy Kevin Hanson says he's all for more diversion and more programming in the jail to help people while they're locked up bases the lack of space in his jail is putting the public at risk the biggest problem is the people that should be arrested during an arrest is no room but we are dealing with what we have Pence says there's now talk of building a new regional jail with neighboring Grays Harbor County but it's not clear yet if the idea is feasible or whether people in those counties will be willing to pay for it

KREM (CBS)
Oct 26, 2019 • 6:10 PM

B_OCT_WASH_56

And now to a developing story earlier this week we reported a spokane police officer shot and killed a suicidal man after he allegedly pointed a gun at the officer. the spokane county medical examiner identified that man as 61-year-old david schaffer. autopsy results showed he died from two gunshot wounds to his torso. they also determined that the death was a homicide not a suicide.

KREM (CBS)
Oct 26, 2019 • 5:11 PM

B_OCT_WASH_57

now to a developing story earlier this week we reported a spokane police officer shot and killed a suicidal man after he allegedly pointed a gun at the officer the spokane county medical examiner identified that man as sixty-one-year-old david schaffer. autopsy results showed he died from two gunshot wounds to his torso. they also determined that the man's death was a homicide.

FM News 101 KXL
Oct 26, 2019 • 7:04 AM

B_OCT_OREG_88

senior director of government solutions at clear force which is a risk management firm in virginia we talk about how to identify and prevent suicide among veterans got some 30 plus years with the Marines the thing I worry about would be engaging say with the civilian who who genuinely cares but does not have the same credibility in the eyes of veteran who has seen perhaps horrific things maybe in Iraq or Afghanistan right Yeah what what credibility why bring when I say I like helping the soldier and and brass really so you have no idea what I'm going through who you might not be the perfect person to put down an easy conversation with but I would absolutely be the first one Hunter could be someone that work under him and allen and Mike Peters in a bit of a different tone to it okay have a conversation.

KIRO-SEA (CBS)
Oct 26, 2019 • 6:15 PM

B_OCT_WASH_58

duthier: an innovative program is offering an alternative to police responding to mental health emergencies. nearly four million people with severe mental illness go untreated in the u.s. they're 16 times more likely to be killed in an encounter with police. omar villafranca shows us how one city is trying to change that. >> reporter: when a mental health-related 911 call comes in, a specialized team in eugene, oregon, rolls out. >> pretty much everybody we see is, for one reason or another, in a state of crisis. >> reporter: manny walker is a medic, and lauren lisovskis is a mental health crisis manager. the pair are members of cahoots-- crisis assistance helping out on the streets. they answer calls, like suicide interventions and overdoses. they're unarmed, and most of the time, without police backup. >> we always move as a team. whoever is talking and making contact, the other person is... >> reporter: their eyes and ear. they took our cbs

crew on an exclusive ride-along. their first call was for a woman they'd met before. schizophrenic. they believe she's she told us her name was kayla. would you rather deal with someone with cahoots or, like, a uniformed police officer? >> definitely cahoots. >> reporter: how come? >> they, like, help me when you're in a time of need or when you're hungry or certain things like that. >> reporter: cahoots was founded in 1989. last year, they responded to nearly 23,000 calls in eugene and springfield, oregon. denver is starting their own version of cahoots. city leaders from oakland, olympia, washington; and even new york city are all considering similar pilot programs. tim black is cahoots' operation coordinator. >> we handle almost 20% of the entire external public safety call volume-- >> a fifth. >> for our area. but there was such a dramatic need coming in through the 911 and nonemergency lines, that there was a need for there to be this kind of behavioral health first responsibility. >> let them know that you're out of your meds. >> reporter: cahoots team members are trained to de-escalate when responding to a mailing crisis. >> thank you guys so much. >> reporter: a recent study found 25% to 50% of fatal officer-involved shootings involve someone with a severe mental illness. eugene's police chief chris skinner. >> they don't need jail. what they need to be de-escalated from their crise, a ride to a medical care facility or to a medical care facility, or wrapped around with services. that's what the people need. they don't need to be going to jail every time. >> reporter: a new way to protect and serve, and maybe save a life. >> take care. >> reporter: omar villafranca, cbs news, eugene, oregon. >> duthier: for immediate help, if you are in a crisis, you can call the national suicide prevention lifeline any time at 1-800-273-8255.

KDRV (ABC)

Oct 28, 2019 • 12:20 PM

B_OCT_OREG_89

Instagram will block posts about suicide, after facing pressure to stop showing graphic content. it all started earlier this year, when British teen molly Russell killed herself after looking at harmful posts. her father blamed his daughter's death on Instagram, saying the social media platform doesn't prevent teens from viewing harmful content. a public outcry ensued, and Instagram reduced suicidal posts. but yesterday Instagram took further steps to keep users safe. it plans to ban renderings, drawings, and memes that show suicide or any other self-harm. accounts that share graphic content also won't be recommended. the company says so far, it has reduced the visibility of more than 8-hundred-and-30-thous and pieces of harmful content. a public outcry ensued and Instagram reduced suicidal posts. Instagram plans to ban renderings, drawings, and memes that show suicide or any other self-harm. accounts that share graphic content also won't be recommended. the facebook- owned company says users can post their stories of recovery, which can help some people.

KXLY (ABC)

Oct 28, 2019 • 6:37 PM

B_OCT_WASH_59

Pediatricians are slow to talk about gun safety with their patients' families. that's according to a new study published Monday in jama pediatrics. researchers found doctors were more likely to bring up smoke alarm safety. health records from an academic pediatric care clinic were analyzed from between January 20-17 and July 20-18. this research is significant due to the rate

of suicide in the u-s by firearms. according to the paper, that figure has increased since 2008 for people between 10 and 19 years old. the study also says that four-point-six million u-s children live in a home with at least one loaded and unlocked gun.

KXLY (ABC)

Oct 28, 2019 • 5:42 PM

B_OCT_WASH_60

next to the former boston college student charged with involuntary manslaughter tonight in her boyfriend's suicide. prosecutors say call it unrelenting adduce, sending him 47,000 text messages, including messages like go die and go kill yourself. he did take his own life, 90 minutes before his graduation. here's eva pilgrim. >> reporter: the girlfriend of a former boston college student tonight charged with involuntary manslaughter after a grand jury found she encouraged alexander urtula to take his own life. >> ms. you made demands and threats with the understanding that she had complete and total control over mr. urtula, both mentally and emotionally. >> reporter: prosecutors say fellow student inyoung you was physically, verbally, and psychologically abusive, sending thousands of texts, some urging him to quote, go kill himself. go die. >> in the 47,000 text messages, yes, there were many, many instances where she instructed him to do so. >> reporter: just 90 minutes before urtula's graduation from boston college in may, authorities say his girlfriend allegedly tracked him through his phone to a parking garage and was there when he leapt to his death. >> ms. carter will now be taken into custody. >> reporter: the allegations echoing the case against michelle carter, the young woman convicted of involuntary manslaughter after sending hundreds of texts urging her boyfriend to act on his suicidal thoughts. what complicates this case, david, is that the young woman is back home in south korea. prosecutors are cautiously optimistic she'll return, but if she doesn't, they say there are a number of ways to extradite her back. david? >> eva pilgrim reporting tonight. thank you. >>> and new fears for a missing 14-year-old girl from virginia. authorities saying she's in extreme danger with a direct appeal now to the suspect. here's linsey davis. >> reporter: the desperate search for 14-year-old isabel hicks is now a nationwide amber alert. >> she is in the company of an individual that has been reported by his family to have some suicidal ideations and he is in possession of a 9-millimeter handgun. >> reporter: police saying the eighth grader vanished from her bumpass, virginia, home a week ago with 34-year-old bruce lynch and could be in extreme danger. tonight the fbi is urging lynch to do the right thing. >> you know isabel should be home safe with her family. warm, rested, protected. i'm sure you want what's best for her. please return isabel to a safe location or contact us. >> reporter: authorities are asking the public to look for clues like a missing rear passenger door handle on lynch's blue 2003 toyota matrix, and a camouflage tarp that might be covering the passenger window. david, authorities believe lynch is traveling with camping gear. and they have received tips from multiple states including one sighting of a vehicle matching the description of the one they believe he's traveling in. david? >> lindsey davis, thank you.

KTVL (CBS)

Oct 28, 2019 • 5:45 PM

B_OCT_OREG_90

O'Donnell: today in Boston, prosecutors charged a young woman from South Korea with manslaughter in her boyfriend's death. alexander urtula took his own life last spring. his college girlfriend is accused of bullying him into it. here's mola lenghi. >> reporter: Suffolk county district attorney rachael rollins described in detail why 21-year-old inyoung you was indicted in the death of her boyfriend, alexander urtula. >> she persisted, continuing to encourage him to take his own life. >> reporter: both were students at boston college. on his graduation day last may, she was with urtula on a parking garage roof when he took his own life. according to the prosecutors, in the two months leading up to his suicide, you sent more than 47,000 texts with repeated emotionally abusive messages telling him to go kill himself, to go die, and that the world would be better off without him. it was just two years ago when another massachusetts woman, michelle carter, was found guilty of involuntary manslaughter in the death of her boyfriend. she was also accused of using text messages to pressure conrad roy to commit suicide. cbs news legal analyst rikki klieman says the case against ms. you may be harder to try. >> there is a break, because she might be texting him, but then she goes to the place where he commits suicide. we don't know what happened there. >> reporter: you is currently in south korea. now, the district attorney's office here says they're hoping she turns herself in voluntarily, but if not, they will seek her extradition back to the united states to face that involuntary manslaughter charge, norah. >> o'donnell: such a disturbing story, mola. thank you.

KVAL (CBS)

Oct 28, 2019 • 9:16 PM

B_OCT_OREG_91

law enforcement suicide come the startling number of officers dying every year to afraid to get help. >>> spotlight on worker tells held two officers who hit rock bottom can help others to survive. drum at the golf course in south carolina is a world away from new york city streets. that's where keith mcgurk was a cop for 11 years. the day we caught up with him he was playing around with another retired police officer. who knows firsthand what it's like to protect and serve at work. and still took a life at home. >> when you put that uniform on it almost acts like a barrier that whatever you are going through at home you leave in your locker. >> reporter: being a cop is in his blood, his father a career cop but when it custody battle tore his life apart he hit rock bottom. >> >> reporter: he says he drank way too much and showed up suicide notes he drank even on the starkest day his parents were too afraid to call for help. >> they were afraid i was going to be fired. >> reporter: worries about the stigma are common. listen to the spouse of a police officer who called 911 when her husband threatened to kill himself. >> it's like a death sentence to his career. >> reporter: he was stopped in time but the stigma of asking for help has led to an alarming number of suicides. in the last three years there for 647 reported law enforcement suicide. hotspots nationwide atop the map. >> i know two guys who took their own lives. i thought about it myself sometimes especially under the influence of alcohol. >> paul maloney kept a secret in the shadows. >> we see so much. we were the guys who fixed everything. >> reporter: it's one of the reasons why first responders are five times more likely to suffer from ptsd and depression than civilians. >> we went out and drank. and suppressed all my feelings. >> reporter: he would climb his way out of alcoholism and eventually get help but we discovered that 34 states won't pay workmen's compensation

for officers who take time away from their job to get help. that leaves far too many cops spending for themselves and suicide becomes an awful and prominent solution to what should be temporary problems he told us. mcgurk was saved by another officer in his department so he called jack.'s from all jack wanted to do was talk. he proved to me that night that i wasn't alone. that there was hope and he was going to do everything he could to get me help. >>reporter:.he is speaking out to others struggling cops across the country can get that same help before it's too late. for spotlight on america, i'm in emerson. >>> if you or someone you know in law enforcement is juggling an organization called blue help is ready to assist for their quick to visit kval.com.

KMTR (NBC)

B_OCT_OREG_92

Oct 28, 2019 • 6:13 PM

news about the deadly shooting at a homecoming party in texas police arrting a suspect for the rampage that left two dead and 12 others injured near texas a&m university commerce police say they don't know the motive at this time. >>> and a disturbing case in massachusetts, a former boston college student charged with involuntary manslaughter after authorities say she drove her boyfriend to suicide nbc's stephanie gosk on what she was texting him. >> reporter: massachusetts prosecutors say a former boston college student repeatedly sent the same messages to her boyfriend alexander -- go kill yourself and go die. >> she was aware of his spiraling depression and suicidal thoughts brought on by her abuse, yet, she persisted continuing to encourage him to take his own life. >> reporter: on the morning after: on the his graduation, according to the d.a., yu tracked his phone to a parking garage where the college senior took his own life. >> she went to the garage and, in fact, was present when he jumped to his death. >> reporter: yu who is at home in south korea is charged with involuntarily manslaughter prosecutors say family and friends knew she abused urtula physically and psychological, including, the d.a. says, 75,000 texts shared between the couple in the tw months leading up to urtula's suicide averaging more than 1,200 a day. the case reminding many of michelle carter, currently serving 15-month sentence for urging her boyfriend conrad roy to take his life convincing him to return to a carbon monoxide-filled car even though he was rethinking suicide. his sister's tearful plea for a tough sentence >> not a day goes by without him being my first thought waking up and last thought going to bed. >> reporter: the d.a. acknowledged there are similarities in the cases hoping yu will voluntarily return from south korea to face the charges. if not, authorities will pursue extradition. news new york. stephanie gosk, nbc news new york.

KDRV (ABC)

B_OCT_OREG_93

Oct 28, 2019 • 4:33 PM

Instagram will block posts about suicide. this comes after facing pressure to stop showing graphic content. it all started earlier this year -- when British teen molly russell killed herself after looking at harmful posts. her father blamed his daughter's death on Instagram -- saying the social media platform doesn't prevent teens from viewing harmful content. a public outcry ensued and Instagram reduced suicidal posts. but yesterday Instagram took further steps to

keep users safe. it plans to ban renderings, drawings, and memes that show suicide or any other self-harm. accounts that share graphic content also won't be recommended. the company says so far, it has reduced the visibility of more than 8-hundred-and-30-thous and pieces of harmful content. the Facebook-owned company says users can post their stories of recovery -- which can help some people. but those can also be harmful and triggering to others. if you or anyone you know is struggling with suicidal thoughts -- there is help. you can call the national suicide prevention lifeline. that number is on your screen now and you can also find that and other resources on our website -- kdrv-dot-com.

KOMO-AM (Radio)

B_OCT_WASH_61

Oct 28, 2019 • 7:00 PM

A former Boston college student has been indicted in the suicide of way for 22 year-old Alexander to his death from the top of a parking garage may 20th hours before his schedule Boston college graduation district attorney Rachel ron says 21 year-old girlfriend in young you of South Korea was physically verbally and psychologically abusive and the couple exchanged 75000 text messages in the two months before the suicide abuse was witnessed by family and classmates of both parties and documented what D.A. his girlfriend's threats indicate she knew were too low was depressed and urged him to kill himself.

KOMO-AM (Radio)

B_OCT_WASH_62

Oct 29, 2019 • 9:10 AM

a former Boston college student is facing charges for allegedly encouraging her boyfriend take his own life this you move made demands and threats with the understanding that she had complete and total control over Mr. virtual both mentally and emotionally prosecutors say 21 year-old & Young Yoo was physically verbally and psychologically abusive to her boyfriend Alexander her to look during the couple's 18 month long relationship according to authorities a much of that documented in their phones including some 75000 text between them in just two months more than 47000 of them from her some urging him to quote go kill himself go died and thousands of eyes hundreds of times certainly in the 47000 text messages Yes there were many many instances where she instructed him to do so just 90 minutes before to his graduation from Boston College in the day he came to this parking Garage to save his life authorities say he was not alone this us tracking Mr. toll was location she frequently did on her phone she went to the garage and in fact was present when Mr. truly jumped to his death in young you know facing charges for involuntary manslaughter these allegations and going another Massachusetts case for connor Cook guilty finding haven't ended in 2017 Michelle carter was convicted of involuntary manslaughter after sending hundreds of texts her boyfriend Conrad Roy encouraging him to take his life ultimately he did carter is now serving 15 months in prison I kind of gave in this new cases that the young woman now charged with Zach is not currently in the U.S. right now she's back home in South Korea prosecutors say they're cautiously optimistic so return but if she doesn't they say there are a number of ways to extradite her back

KVAL (CBS)
Oct 29, 2019 • 12:05 PM

B_OCT_OREG_94

officials say a student died by suicide. they say he died on the day of his graduation ceremony. prosecutors say his girlfriend, the 21-year-old was physically, verbally and psychologically abusive during their relationship and was there when he died. the district attorney says she told him to kill himself hundreds of times in the more than hundred 47 thousand text messages. >> the investigation revealed she used threats to control him. it also found that she was aware of his spiraling depression and suicidal thoughts brought on by her abuse, yet she persisted, continuing to encourage him to take his own life. truck the da said she is currently in south korea. she said she is cautiously optimistic she will return to the u.s. voluntarily. the di is working with lawyers to coordinate an arraignment.

KEZI (ABC)
Oct 29, 2019 • 11:20 AM

B_OCT_OREG_95

Instagram will block posts about suicide, after facing pressure to stop showing graphic content. it all started earlier this year, when british teen molly russell killed herself after looking at harmful posts. her father blamed Instagram, saying the social media platform doesn't prevent teens from viewing harmful content. Instagram plans to ban renderings, drawings, and memes that show suicide or any other self-harm.

FM News 101 KXL
Oct 29, 2019 • 11:06 PM

B_OCT_OREG_96

I think maybe saw this this boston college student is being charged for allegedly urging her boyfriend commit suicide Yes he did Yes and he was going to be graduating from Boston College the day he jump from the parking deck and killed himself Yes and so the girlfriend in young you who is 21 she's in South Korea is still there but the authorities think she's going to come back I'm has been charged for urging him to commit suicide and the district attorney said and if we have the power to get her back that you know okay you exactly what happened well apparently the girlfriend do that this guy had suicidal thoughts and over the course of two months there were 75000 texts 40000 all right josh urging him to take his own life and then as time went on they became more frequent powerful and demeaning even though she knew about his spiraling depression so as I read the story it says the texts allegedly included repeated messages for this guy Alexander to kill himself and quote go die and the world would be better off without and I don't know you I don't have hbo maybe you guys saw this documentary of a case that was similar to this a couple years ago with Michelle carter and death of her boyfriend Conrad Reuters third so was HBO documentary I love you now die because But while versus Michelle carter and that she was telling him you need to take action and that story they were both oppressed she ended up what she's now serving 15 months and her recent request for parole was rejected but the D.A. in this story says it's different in that this is a barrage of completed under attack on this guy's very willing conscious and psyche by an individual to the tune of 40000 text messages and two months leading up to a G said she was also tracking him through

a cellphone his location and track into the parking garage and was there when he took his own life tally and and the D.A. said you know perpetrators not limited by their gender or the gender of their partner domestic violence may not always look the same but it's always about power and control so they're talking about serving up to 5 years that's dicey man people can use ts these suicide thing for manipulation to would mean for me to kill myself for this relationship all the other way Yeah and and now what if you say look I'm not interested in whatever you're saying don't call me again leave me alone are on the hook for that person if they do carry out now so we have to be extreme case like this it would be a case where you get he doesn't have details of the first one not intentionally coerces or encourages more if you want somebody who I am if you don't come back down to you know go ahead I think that's where I mean that's why there is discretion with prosecutors to the other actually take the case night it's not just a blanket thing that's true with virtually anything that that could be considered a crime you know prosecuting necessarily have to prosecute something you look at the circumstances surrounding any case so in this case we've got 40000 plus text messages plus the situation all my money buyers that didn't totally different thing for that idea coming Yes because then yet sky as the word where you're coming from no just if there is a blanket you're going to be prosecuted for this if you tell somebody something online is that punishing speech is that I yet there are some I guess messy implications that but I think in this particular case I don't know of any reasonable person would say that it's just unreasonable to prosecute this woman know about this woman I mean if if there was something Yeah you heard people get mad they'll say go eat bleep die and that person commits suicide that person on the hook with law not the fire if you see a blank but the other thing...

KOBI

Oct 29, 2019 • 6:31 PM

B_OCT_OREG_97

the suicide prevention campaign has been producing public service announcements and speaking to area civic organizations. it's working to break the stigma of not talking about the increasing numbers of suicides happening in southern oregon. it's also providing messages of hope ... and making people aware that help is available in our region for those in need. 'we want to be able to empower people to be able to, uh, talk those pieces through, to be able to ask people the question about whether they have a plan or whether they're thinking about taking their own life.' for more information, visit kobi5 dot com and click on the 'in this together' tab

KOMO-SEA (ABC)

Oct 29, 2019 • 6:32 PM

B_OCT_WASH_63

Also, in the crowd were parents, health officials and students. stressing that mental health distress knows no boundaries. suicide and depression are up 35% among Washington teens in the last decade. zika brown also presented and said it's important that students have a voice in the conversation. >> why don't we train the kids? how do you deal with stress and anxiety? if a strand said i'm really struggling and i don't know what i'm going to do? it's also educating the

students and that's what we are looking for. >> brown created a non-profit and is calling on lawmakers to pass a bill that improves mental health training in classrooms.

KVAL (CBS)
Oct 29, 2019 • 9:45 AM

B_OCT_OREG_98

a new study finds sexual harassment, gender discrimination and other mistreatment is contributing to a higher rate of burn-out among women surgical residents compared to men. that study was published in the new England journal of medicine. 65% of women reported gender discrimination compared to 10% of men. 20% experienced sexual harassment compared to 4% of men and the women were more likely to report suicide so are sigh dam thoughts than their male counterparts. the study's authors are calling for solutions to what they call a burn-out crisis saying it is hurting doctors and costing the healthcare system billions of dollars.

KHQ (NBC)
Oct 29, 2019 • 6:05 PM

B_OCT_WASH_64

we've learned tonight that the driver involved in the crash at barker was not seriously injured. we are learning new information now on an officer involved shooting on east garnet avenue last week. the officer who fired his weapon has been identified as caleb martin... who has been with the department since July of 2016. 61-year-old David Shafer was killed after someone called 9-1-1 reporting him to be suicidal. after the officer called for him to drop his weapon, Shafer pointed the gun in the officer's direction before he was shot twice. investigators are reviewing body cameras. investigators also contacted neighbors in the area to talk with any witnesses or obtain any home surveillance video of the incident.

KOIN-POR (CBS)
Oct 29, 2019 • 4:48 PM

B_OCT_OREG_99

the girlfriend of a boston college student who authorities say died by suicide in may has been charged with involuntary manslaughter. dan: prosecutors said 22-year-old alexander urtula jumped to his death the day of his graduation ceremony. they claim urtula's girlfriend, 21-year-old inyoung you, was there when he died. the pair exchanged 72,000 text messages in the two months leading up to the death. 47,000 of those texts allegedly came from you, and included messages like "go kill yourself" and "go die." >> many of the messages clearly display the power dynamic in the relationship. abuse became more frequent and more powerful in the days and hours leading up to mr. urtula's untimely death. dan: the da says you is currently in south korea. she said she's cautiously optimistic she will return to the u.s. voluntarily. the da's office says it's working with you's lawyers to coordinate an arraignment. this is the same charge that sent a massachusetts teen to prison earlier this year; she was found guilty for the 2014 suicide of her friend.

News Radio KEX
Oct 30, 2019 • 7:57 AM

B_OCT_OREG_100

talk about schools earlier and it is a slightly different topic so it's a bit of controversy to start with student I.D.s. having us it's a suicide hotline number wrong we have an exploding number of suicides me young people it's very troubling it's very serious stuff it around I think it's a good idea or not here you're introducing the topic which sometimes you know there's all that right the black if you're going to put a suicide hotline number ana heidi at a middle school I don't want introducing the topic of suicide my middle schooler that's just me have a look make sure you get the number right the number was not right it was a sex hotline number that he would possibly happen are you sure is been verified be real is from real news organization of how do you not only get the number wrong but it's not a flower shop in our grocery store or the gas station it's of Gaza is that one on one right the middle school Mr. Whiting and did it or work it I mean I'm not suicidal reasonably of the foment a feel for the middle school administrators will be collecting Austin 90s today be pretty new student ideas string of since I think that's a good idea with the lawn care hotline number.

KCPQ-SEA (FOX)
Oct 30, 2019 • 7:16 AM

B_OCT_WASH_65

Instagram is taking some measures to restrict content seen and posted by its users. so specifically, travis we're talking about content related to suicide. that's right. the head of the company says it's trying to strike a balance a difficult balance said that here it is unseen at Instagram expands ban on images that depict self-harm. So the popular social media platform banning means drawings graphic images from films or comics portraying self-harm or suicide. the policy change comes as the company says it's seeing evidence that young people are indeed being negatively influenced by what they're seeing on the internet and on Instagram. the head of the company releasing a statement pointing out several risks including how certain material can cause vulnerable people to hurt themselves. the statement also acknowledges how people use the internet to express their struggles and to seek help. that's the balancing but points out the need to protect others from quote being exposed to potentially harmful content. the company says so far it has reduced the visibility of more than eight hundred and thirty thousand pieces of harmful content. ok. well you have a lot of movies that deal with this topic as well. and so i guess you get into the issue of first amendment but at the same time really tough to defend this type of content. right. if there's real evidence that it is sparking kids to self harm you can understand why that form which is by the way its own thing? so can decide to restrict speech it's not like it's the government here can make that choice. there you go. all right travis thank you.

Fox 12 Plus
Oct 30, 2019 • 6:16 AM

B_OCT_OREG_101

kimberly: school district in california is apologizing for giving students the wrong number for suicide prevention hotline. >> shauna: the number printed for the student i.d. cards were for sex line. >> reporter: when they got bored and decided to see what would happen if they called the suicide hot line number, listed on the back of their school i.d., this is what happened. >> hey there, hot stuff. i've been waiting for your call. >> reporter: you heard right. the number connected them to a sex line. >> i was in disbelief. that's a suicide prevention hotline. someone that needs help like that, they shouldn't hear that. >> reporter: emily told her mother about the call. >> of course i didn't believe her. i called it and sure enough, it was a sex hot line. >> reporter: she said it was too late to call the school. she posted about it on facebook and got hundreds of responses. the school district issued a news release which says, late yesterday we were made aware that the middle school student i.d. cards have the wrong phone number listed for the suicide hotline. the phone numbers have two digits transposed. this is a mistake. the number listed on the card is actually a sex line. >> it turns out it's just a transposed number. it's an honest mistake. >> they should fact check that. >> reporter: what do you say to people who look at this story and think it's humorous and funny? >> it does have a humorous undertone but on the same aspect, if somebody really needed help and they called that number, i don't know what would happen. they need that, they have that number for a reason. the fact that they call it and get this number, they'd hang up obviously. then what would they do? >> kimberly: that is quite the story. you know if someone you know is struggling, there is help. we want to give you information that can be useful to use. counselors are available 24 hours a day and 7 days a week. >> shauna: what a mistake that is. let's talk to andy now.

KGMI News/Talk 790 (Radio)
Oct 30, 2019 • 6:35 AM

B_OCT_WASH_66

Chicago to addressing mental health crisis as saying an increasing number of suicides by police officers this year 188 officers have died by suicide twice the number who have died in the line of duty CBS news correspondent jeff Hey Yes moderated discussion suck it up and go away it didn't go away it to heart and didn't know what to do with earlier this year President Trump authorized 7.5 million dollars annually for the next 5 years for national police suicide Prevention efforts including mental health screening and more

KGMI News/Talk 790 (Radio)
Oct 30, 2019 • 6:30 AM

B_OCT_WASH_67

Chiefs from across the country gather in Chicago to addressing mental health crisis as saying an increasing number of suicides by police officers this year 188 officers have died by suicide twice the number who have died in the line of duty CBS news correspondent jeff Hey Yes moderated discussion suck it up and go away it didn't go away it to heart and didn't know what to do with earlier this year President Trump authorized 7.5 million dollars annually for the next 5 years for national police suicide Prevention efforts including mental health screening and more train

AM 860

Oct 30, 2019 • 6:35 AM

B_OCT_OREG_102

there's some news about Jeffrey Epstein and then the disgraced money man and sex offender who was found dead in prison in New York off breaking news of the Mike Gallagher show up big bombshell player by the EU and medical legend Dr Michael Bobby the former New York City medical examiner he has worked on high-profile autopsies and murder and death cases for you know 50 years he's never seen the kind of injuries the Jeffrey Epstein supposedly suffered in a suicidal hanging Let's listen together to Dr. Bobby this morning who appeared on Fox and friends on the Fox news channel owners cut 10 for the Arabian saying you don't get a suicide I think that the evidence points to a homicide rather than suicide because there are multiple 3 fractures in the highly bone and thyroid cartilage that very unusual for suicide and more indicative of strangulation home of times regulation Wow I course right away when the details emerged after they found his body it seems true or fishy to me according to reports there was a total breakdown of prison security because this guy was one of the highest profile prisoners in America body said it was determined that the two guards who were supposed to be working in that area of the prison had both fallen asleep also there were to security cameras they were supposed to be recording not only have seen shall but the whole way outside both cameras had apparently malfunctioned that convenient if you think Jeffrey Epstein committed suicide and you're not suspicious of the of the details of his death you're not paying attention of this ball is put it this way you're fairly naïve seems very very suspicious to me all right.