

FACTS

AT A GLANCE

Suicide is the 2nd leading cause of death for 15-24 year olds, and is the tenth leading cause of death for people of all ages.

There were 41,149 suicides in 2013 in the United States, one person dies by suicide every 12.8 minutes.

Approximately 1,028,725 Americans attempt suicide each year.

It is estimated that five million living Americans have attempted to kill themselves.

An estimated 4.8 million Americans are survivors of suicide of a friend, family member or loved one.

Males complete suicide at a rate 3.5 times that of females; however, females attempt suicide three times more often than males.

In 2011 and 2012, Essex County had a suicide rate of more than 3 times the New York state average.

Source: National Center for Injury Prevention and Control, Division of Violence Prevention, CDC 2013

New York State Department of Health

Resources

Local

Essex County Mental Health Services

Office (518) 873-3670

24-hr crisis line

(888) 854-3773

Mental Health Assoc. of Essex County

Office (518) 962-2077

24-hr Hopeline

(800) 440-8074

National

National Suicide Prevention Lifeline
(800) 273-TALK (8255)

You cannot do a kindness too soon, for you never know how soon it will be too late.
- Ralph Waldo Emerson

Essex County Suicide Prevention Coalition



***24-hr crisis line
(888) 854-3773***

www.co.essex.ny.us/wp/essex-county-suicide-prevention-coalition/



Our Mission & Vision

It is the Mission of the Essex County Suicide Prevention Coalition to work together as a community to increase suicide awareness and prevention.

It is our Vision that Essex County will have the necessary information and tools to raise awareness, promote education and increase action to reduce suicides.

Join Us

There are two ways you can be involved in the Coalition; as a Participating Member or a Supporting Member.

Participating Members attend monthly meetings, are active in decision making, and attend a minimum of two training programs per year. Supporting members stay informed with news updates, are welcome to attend any meetings and are asked to attend at least one event and one training per year. For more information, please contact Steve Valley at (518) 873-3670.

COMMON WARNING SIGNS

- Talks about suicide or wanting to die
- Changes in eating or sleeping habits
- Withdraws from friends & family
- Increased use of alcohol & drugs
- Giving away prized possessions
- Expressions of hopelessness or having no reason to live
- Behaving recklessly
- Extreme mood swings

SUICIDE CAN BE PREVENTED

TAKE ACTION

- Take all threats seriously, call 911 if you sense immediate danger
- Listen without judgment, don't promise secrecy
- Safely remove any means by which a person could harm themselves; keep yourself safe too
- Get help from persons or agencies specializing in crisis or suicide intervention

Free Suicide Awareness Training

The Coalition is able to provide free training in our community to increase suicide awareness and prevention. Many of these evidence-based programs can be scheduled at your location, based on the needs of your organization.

Some of the available programs include:

- ◆ Creating Suicide Safety in Schools
- ◆ Lifelines: Prevention, Intervention and Postvention designed for school faculty, parents and students
- ◆ ASIST—Applied Suicide Intervention Skills
- ◆ QPR—Question, Persuade, Refer
- ◆ SafeTALK: Suicide Alertness for Everyone
- ◆ Youth Mental Health First Aid

For more information or to schedule a training, please contact Shelby Davis at (518) 962-2077 ext. 229 or Shelby@mhainessex.org.