

Training & Education

QPR is a 1 hour training that teaches community members how to recognize suicide warning signs, **question** a person about their distress and thoughts of suicide, **persuade** them to get help, and **refer** them to a mental health provider or other professional.

safeTALK is a half-day alertness training that prepares anyone over the age of 15 to become a suicide-alert helper.

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive training teaching participants to recognize when someone may have thoughts of suicide and work with them to create a plan for their immediate safety.

Mental Health First Aid (MHFA) is an 8-hour training that teaches community members how to help someone who is developing or experiencing a mental health problem or crisis.

MHFA for youth is designed to teach community members how to help an adolescent (age 12-18) who is experiencing a mental health crisis or addictions challenge.

Talk Saves Lives is a 1 hour training where participants learn the risks, warning signs, and complexities of suicide and how we can help prevent it.

More Than Sad teaches educators, students, and parents to be smart about mental health.

It's Real: College Students and Mental Health is a documentary featuring the stories of six college students from across the country.

Lifelines is a comprehensive, whole-school suicide prevention curriculum for implementation in middle school and high school.

Warning Signs

- ◆ Appearing depressed or sad
- ◆ Talking or writing about death or suicide
- ◆ Withdrawing from family and friends
- ◆ Feeling hopeless, helpless, trapped, or angry
- ◆ Experiencing dramatic mood changes
- ◆ Abusing drugs or alcohol
- ◆ Exhibiting a change in personality
- ◆ Acting impulsively and/or recklessly
- ◆ Losing interest in most activities
- ◆ Changes in sleeping and/or eating habits
- ◆ Performing poorly at work or in school

Resources

The Contact Hotline: 315-251-0600

The National Suicide Prevention Lifeline 1-800-273-TALK (8255) ; Veterans: Press 1

American Foundation for Suicide Prevention: www.afsp.org

Trevor Project: www.thetrevorproject.org

JED Foundation: www.jedfoundation.org

Suicide Prevention Center of New York: www.preventsuicideny.org

211 CNY Information and Referral www.211cny.com

For more coalition information, trainings, resources, or to get involved, visit: www.OnondagaSuicidePrevention.com

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Onondaga County Suicide Prevention Coalition



The Onondaga County Suicide Prevention Coalition links our community around suicide prevention to reduce stigma, promote help-seeking, and save lives.

We will:

Lose the stigma
Invest in our community
Never lose hope
Keep safe
Save lives

through education, awareness,
and communication.

OnondagaSuicidePrevention.com

Did you know...

Nationally

Suicide is the 10th leading cause of death among all age groups in this country.

On average, 1 person dies by suicide every 12.3 minutes.

There is 1 completed suicide for every 25 attempted suicides.

Statewide

The number of suicides in New York State has increased by 32% in the past decade.

Suicide is the 2nd leading cause of death for people ages 15-24.

Middle-aged men ages 45-64 have the highest suicide rate. White men account for the majority of these deaths.

Veterans comprise 15.3% of suicides.

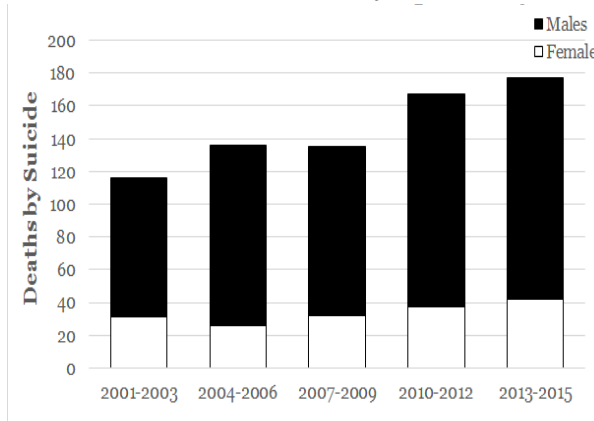
Alcohol intoxication is present in 22% of suicide deaths and in 30-40% of suicide attempts.

Opioids are present in 20% of suicide deaths.

Sources:
Centers for Disease Control
Onondaga County Medical Examiner's Office

In our county...

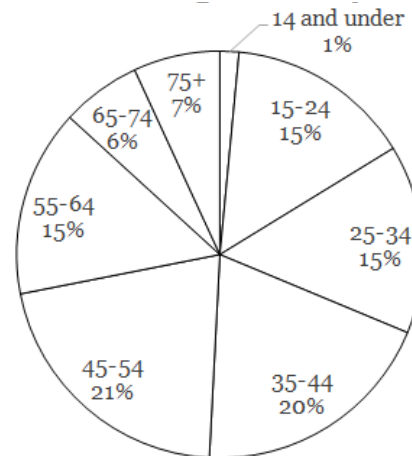
Suicide Deaths by Gender



While males die by suicide 3.5 times more often than females, females attempt suicide 3 times more often than males.

*For the most current statistics, visit www.afsp.org.

Suicide Deaths by Age*



*2001-2015

What can I do?

Ask them

Ask the at-risk person if they are having thoughts of suicide. Acknowledging and talking about suicide reduces rather than increases suicidal thoughts.

Keep them safe

Determine if the at-risk person has suicide intent with a specific plan. Removing, disabling, or restricting the lethal means (ie. firearms, medications) can make a difference.

Help them connect

Help make a connection with a trusted individual like a family member, friend, spiritual advisor, or mental health professional.

Stay connected

Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown that suicide risk decreases when someone follows up with the at-risk person.

If you or someone you know is having thoughts of suicide, call:

- ◆ Contact Hotline (315) 251-0600
- ◆ National Suicide Prevention Lifeline 1-800-273-TALK (8255)
Veterans: Press 1