



Training & Education

Applied Suicide Intervention Skills Training (ASIST) is a 2-day interactive training that teaches 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.

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.

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

Resources

Contact Hotline:
315-251-0600

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

**American Foundation for
Suicide Prevention:**
www.afsp.org

The Trevor Project:
www.TheTrevorProject.org

JED Foundation:
www.JEDFoundation.org

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

Visit

For more information about the Onondaga County Suicide Prevention Coalition, trainings, resources or to become involved, visit: www.OCSPC.org

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.

www.OCSPC.org



Did you know?

Nationally

- Suicide is the tenth leading cause of death overall in the United States, claiming the lives of over 47,000 people.
- Suicide is the second leading cause of death among individuals between the ages of 10 and 34, and the fourth leading cause of death among individuals between the ages of 35 and 54.
- There are more than twice as many suicides (47,173) in the United States as there are homicides (17,284).

**all data are 2017 specific*

Statewide

- The number of suicides in New York State has increased by nearly 30% since 1999.
- Suicide is the second 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 18.1% of suicides.
- Alcohol intoxication is present in 22% of suicide deaths and in 30-40% of suicide attempts.

**Sources: Onondaga County Medical Examiner's Office*

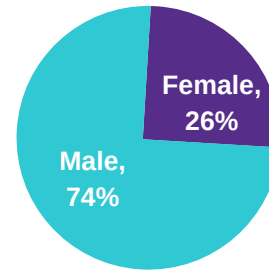


In Onondaga County...

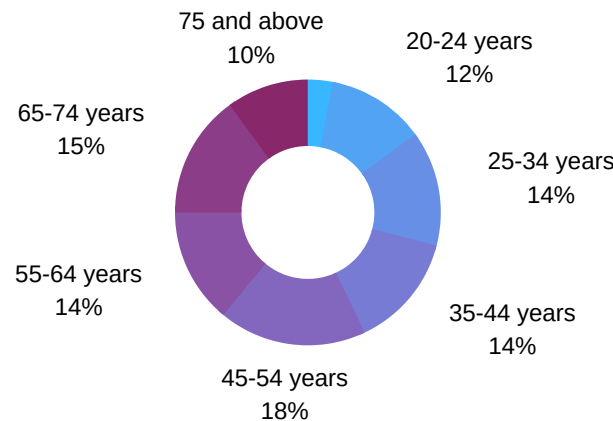
While males die by suicide 3.5 times more often than females, females attempt suicide 3 times more often than males.

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

Suicides by Gender



Suicides Deaths by Age



If you or someone you know has thoughts of suicide, call:

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

Warning Signs

- Appearing depressed or sad
- Talking or writing about death or suicide
- Withdrawing from family and friends
- Feeling hopeless, helpless, 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

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 (i.e. firearms, medications, etc.) can make a difference.

Help them connect.

Help make a connection with a trusted individual such as 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.