



# Suicide Prevention Coalition of Madison County

**There is hope!**

## How we can help:

The Suicide Prevention Coalition of Madison County offers a wide variety of services including school, workplace, and community-based training opportunities free of charge.

### COUNTY STATS



Between 2019 and 2021, the Madison County Mental Health Department experienced a 38% increase in the number of unique clients.



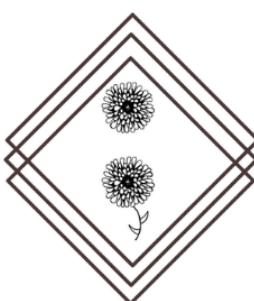
### 60% MORE

Youth served than previous years



The rate of depression and suicidal ideation, particularly among youth, increased during the COVID-19 pandemic, foreshadowing a rise in suicide deaths in the coming years.

MADISON COUNTY NEWS. MADISON COUNTY, NY | OFFICIAL WEBSITE.  
(N.D.). [HTTPS://WWW.MADISONCOUNTY.NY.GOV/](https://www.madisoncounty.ny.gov/)



**Suicide Prevention Coalition  
of Madison County**  
[www.bridgescouncil.org](http://www.bridgescouncil.org)  
315-697-3947

### TALK SAVES LIVES:

#### AMERICAN FOUNDATION FOR SUICIDE PREVENTION

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Talk Saves Lives: An Introduction to Suicide Prevention is AFSP's flagship suicide prevention education program that covers the scope of this leading cause of death, what the research has found to be the warning signs and risk factors of suicide, and the strategies that prevent it.

### IT'S REAL

#### AMERICAN FOUNDATION FOR SUICIDE PREVENTION

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Intended for high school classes or community settings with groups of teens, ages from 14 to 18, It's Real: Teens and Mental Health for High School Students is a 45-minute program that provides young people with mental health education and resources. The program raises awareness about mental health issues, how to start a conversation about mental health, the importance of self-care, and how to reach out for help.

### QPR / QUESTION PERSUADE REFER (SPCNY)

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**QPR stands for Question, Persuade, and Refer** — the 3 simple steps anyone can learn to help save a life from suicide.

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

### GRIEF SUPPORT GROUP

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BRIDGES offers a monthly grief support group to residents in Madison County designed to be a safe space for those navigating grief after being impacted by suicide.

\*Please contact the Coalition for more training and service offerings\*



# Suicide Prevention Coalition of Madison County

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## ***What are some of the warning signs that someone is thinking of suicide?***

- Isolating from friends, families and activities
- Statements of hopelessness, helplessness or worthlessness
- Giving away possessions or unusual visits to friends or family to say good-bye
- Making statements about wanting to die or ending it all
- Having a history of attempts of suicide
- Exhibiting signs of depression or drastic changes in behavior or appearance

## **Did you know about our L.O.S.S Team?**

L.O.S.S. - Local Outreach to Suicide Survivors - is an active suicide postvention model. This model involves two or more trained volunteers, called a L.O.S.S. Team, who proactively go to the scene, or shortly after, of a suicide to provide immediate support to those left behind. At least one of these two trained volunteers is a survivor of a suicide loss. L.O.S.S. Team volunteers are present to those left behind in a nonintrusive manner. They provide support, resources, and understanding.

## **SOURCES OF STRENGTH: SPECIFIC TO SCHOOL DISTRICTS**

A best practice youth mental health promotion and suicide prevention program designed to harness the power of peer social networks to create healthy norms and culture, ultimately preventing suicide, violence, bullying, and substance misuse.

## **FIRE ARM SAFETY THROUGH THE LENS OF SUICIDE PREVENTION**

The 90 minute workshop is intended for family members and loved ones of individuals with access to firearms who may be at an elevated risk for suicide and is co-facilitated by an expert in suicide prevention and a local firearms expert.

This workshop is intended to empower family members and loved ones of community members to talk about firearm safety for suicide prevention.

## **GET INVOLVED: JOIN OUR COALITION**

The coalition works to raise awareness and reduce the rate of suicide. They have organized trainings, delivered resource materials, held speaker events, and supported survivors of suicide, among other activities. Each September the Coalition organizes and hosts the annual STEPtember Walk for Suicide Prevention, Awareness and Remembrance. Call BRIDGES or scan the QR code to learn more and get involved!



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