

Facts at a Glance



Suicide is the 2nd leading cause of death for youth ages 10-19.

Suicide is the 10th leading cause of death for all Americans. Over 43,000 Americans die by suicide every year.

An American dies by suicide every 12.3 minutes.

90% of those who die by suicide had a diagnosable psychiatric disorder at the time of their death.

In 2014, firearms were the most common method of death by suicide, accounting for nearly half (49.9%) of all suicide deaths.

Veterans comprise 22.2% of suicides.

In 2014, the highest suicide rate (19.3) was among people 85 years or older. The second highest rate (19.2) occurred in those between 45 and 64 years of age.

Males are 4 times more likely than females to die by suicide; females attempt suicide 3 times as often as males.

The ratio of suicide attempts to suicide death in youth is estimated to be about 25:1, compared to about 4:1 in the elderly.

Sources: Centers for Disease Control and Prevention (CDC) Data & Statistics Fatal Injury Report for 2014.

Rates are per 100,000 individuals.

Department of Veterans Affairs

Resources

Local

Essex County Mental Health Services

(518) 873-3670

24-hr Crisis Line

(888) 854-3773

Mental Health Assoc. of Essex County

(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/

 Find us on
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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.

WARNING SIGNS

- Talks about suicide or wanting to die
- Making threats to kill oneself
- Expressions of hopelessness or having no reason to live
- Looking for ways to kill oneself by seeking access to firearms, available pills or other means
- Changes in eating or sleeping habits
- Withdraws from friends & family
- Giving away prized possessions
- Behaving recklessly
- Extreme mood swings
- Increased use of alcohol & drugs
- Talks about being a burden to others
- Loss of interest in things previously enjoyed
- Sudden improvement after a period of being down or withdrawn

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

Suicide Awareness & Prevention Training

- ◆ QPR: Recognize the warning signs of a suicide crisis, how to question, persuade and refer someone to help.
- ◆ SafeTALK: Identify persons with thoughts of suicide, keep them safe and connect them to suicide first aid resources.
- ◆ ASIST: two-day intensive workshop to identify persons with thoughts of suicide, and intervene to prevent immediate risk of suicide.
- ◆ Creating Suicide Safety in Schools: an interactive workshop for school planning teams.
- ◆ Lifelines Trilogy: A whole school program made up of 3 unique components; Prevention, Intervention and Postvention.
- ◆ Mental Health First Aid: Youth & Adult Programs. Learn how to recognize a mental health crisis, offer aid, and how to connect with appropriate resources.

For a consultation or to schedule a training, contact Shelby Davis at (518) 962-2077 ext. 229 or Shelby@mhainnessex.org.