

Information and Resources

Local and state websites

- ◆ Survivors of a Loved Ones Suicide (SOLOS)-Cortland County support group-Cecile @ 607-753-3021 ext 26 or soloscortland@gmail.com
- ◆ Central New York Chapter American Foundation for Suicide Prevention- Debra Graham, Email: macdag0153@aol.com
- ◆ Hope For Bereaved-Syracuse 475-4673 www.hopeforbereaved.com
- ◆ Suicide Prevention Resource Center www.sprc.org
- ◆ NYS Office of Mental Health www.omh.state.ny.us/omhweb/suicide_prevention/
- ◆ American Association of Suicidology www.suicidology.org
- ◆ The Suicide Prevention Center of NYS www.preventsuicideNY.org
- ◆ National Institute of Mental Health www.nimh.nih.gov



A resource guide for Cortland County individuals at risk of suicide, their families, loved ones and service providers

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For more information on how to get involved in suicide initiatives locally contact the Cortland County Youth Services Development Director at 607-758-6100

If you are worried about yourself . . .

THERE IS HOPE - You can feel better with time. Suicide is not your only option. You can survive suicidal feelings by finding a way to reduce your pain or increasing your coping resources. Both are possible.

AVOID HIGH RISK SITUATIONS - Limit your alone time. Avoid alcohol and other drugs. Be careful to avoid situations that might cause extreme emotional stress.

REACH OUT TO OTHERS: Help is available - Call people who support you or, if you feel like you have no one, call a hotline. If you are feeling suicidal, you should not try to cope alone.

REMEMBER THE CRISIS IS TEMPORARY - Suicide is sometimes called “a permanent solution” to a temporary problem. When we are depressed we tend to see things through the very narrow perspective of the present moment.

. . . or someone you know

LISTEN

Let your friend/relative tell you about the situation and his feelings. Communicate your understanding of things from their perspective, not yours. Don't give advice or feel obligated to fix things.

KNOW THE WARNING SIGNS

See the opposite page for a listing. If more than one are present, take it seriously.

ASK THE QUESTION

“Are you having thoughts of suicide?” If yes, offer to accompany the individual for help and assistance from a counselor.

GET HELP - DON'T KEEP IT SECRET

Take suicide threats seriously. Suggest that your friend seeks help. If he refuses, think of a caring adult you can turn to for assistance.



Learn the warning signs

Learn the warning signs of suicide for yourself or someone you know. Exhibiting more than one of these signs may signal a need for help.

- Being isolated and alone, withdrawing from activities
- Feelings or statements of hopelessness, helplessness, or worthlessness
- Giving away prized possessions, unusual visiting or calling friends or relatives to say goodbye or set things in order
- Making jokes or statements about wanting to die
- Having a history of attempts increases the risk of someone attempting again
- Taking unnecessary risks, drastic changes in behavior
- Exhibiting signs of depression: changes in eating, sleeping, grooming, or withdrawal from friends
- Abusing drugs or alcohol or other self-destructive behavior, such as self-cutting



Get Help

If you are feeling suicidal or are concerned about someone you know, call of one of the following numbers for assistance:

- **Cortland County Mental Health 758-6100**
- **Cortland Regional Medical Center 756-3500**
- **Suicide Prevention & Crisis Service Crisis Line 272-1616**
- **National Suicide Hotline 1-800-273-8255**
- **Local “911” Call Center**