

## 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](mailto:macdag0153@aol.com)
- ◆ Hope For Bereaved-Syracuse 475-4673 [www.hopeforbereaved.com](http://www.hopeforbereaved.com)
- ◆ Suicide Prevention Resource Center [www.sprc.org](http://www.sprc.org)
- ◆ NYS Office of Mental Health [www.omh.state.ny.us/omhweb/suicide\\_prevention/](http://www.omh.state.ny.us/omhweb/suicide_prevention/)
- ◆ American Association of Suicidology [www.suicidology.org](http://www.suicidology.org)
- ◆ The Suicide Prevention Center of NYS [www.preventsuicideNY.org](http://www.preventsuicideNY.org)
- ◆ National Institute of Mental Health [www.nimh.nih.gov](http://www.nimh.nih.gov)



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

*This brochure was a collaborative effort by:*

*Think Again Group of Cortland County and the Central New York Suicide Prevention Coalition. The funding for Publishing and development was provided by*

*the NYS Office of Mental Health*

*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 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**