You are NOT alone

If you or someone you know is suffering from a mental illness, please contact us.

518 584 9030

135 South Broadway
Saratoga Springs, NY 12866

For more information on suicide prevention, please visit:

<table>
<thead>
<tr>
<th>Organization</th>
<th>Website</th>
<th>Phone</th>
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<tbody>
<tr>
<td>American Foundation for Suicide Prevention</td>
<td><a href="http://www.afsp.org">www.afsp.org</a></td>
<td>518.791.1544</td>
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<tr>
<td>Suicide Prevention Center of New York State</td>
<td><a href="http://www.preventsuicideny.org">www.preventsuicideny.org</a></td>
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<tr>
<td>New York State Office of Mental Health</td>
<td><a href="http://www.omh.ny.gov">www.omh.ny.gov</a></td>
<td>800.597.8481</td>
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<tr>
<td>Mental Health Association in New York State, Inc.</td>
<td><a href="http://www.mhanys.org">www.mhanys.org</a></td>
<td>518.434.0439</td>
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<tr>
<td>National Alliance on Mental Illness</td>
<td><a href="http://www.naminys.org">www.naminys.org</a></td>
<td>518.462.2000 800.950.3228</td>
</tr>
<tr>
<td>211 Information and Referral</td>
<td><a href="http://www.211.org">www.211.org</a></td>
<td>211</td>
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<tr>
<td>Lifeline Crisis Chat</td>
<td><a href="http://www.crisischat.org">www.crisischat.org</a></td>
<td>Text 741741</td>
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<tr>
<td>Veteran’s Crisis Line</td>
<td></td>
<td>800.273.8255</td>
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<tr>
<td>The Trevor Project</td>
<td><a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a></td>
<td>866.488.7386</td>
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<tr>
<td>The Jed Foundation</td>
<td><a href="http://www.jedfoundation.org">www.jedfoundation.org</a></td>
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suicide prevention coalition of saratoga county
Our Mission

The Suicide Prevention Coalition of Saratoga County is a consortium of partners dedicated to preventing suicide in our community by:

- Increasing awareness
- Providing trainings on suicide prevention
- Connecting families, communities, and individuals to resources
- Providing postvention response teams

Seek help as soon as possible if you or someone you know is:

- considering suicide
- feeling hopeless
- feeling trapped
- feeling rage or acting recklessly
- increasing drug or alcohol use
- withdrawing from friends, family and society
- experiencing dramatic mood changes
- no longer seeing a purpose in life

If you or a loved one is in need of help, call:

Do you know someone thinking about suicide?

ask

Ask the hard question: Are you thinking about killing yourself?

keep them safe

Separate them from anything that could be harmful.

be there

Listen with compassion and empathy.

help them connect

Help them reach out to friends or family.

follow up

Check in with them on a regular basis.