

For more information on suicide prevention, please visit:

American
Foundation for
Suicide Prevention www.afsp.org 518.791.1544

Suicide Prevention
Center of New York
State www.preventsuicideny.org

New York State
Office of Mental
Health www.omh.ny.gov 800.597.8481

Mental Health
Association in New
York State, Inc. www.mhanys.org 518.434.0439

National Alliance on
Mental
Illness www.naminys.org 518.462.2000
800.950.3228

211 Information and
Referral www.211.org 211

Lifeline Crisis Chat www.crisischat.org Text 741741

Veteran's Crisis Line 800.273.8255

The Trevor Project www.thetrevorproject.org 866.488.7386

The Jed Foundation www.jedfoundation.org

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

 suicide prevention coalition
of saratoga county

 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.