About SPC

The Suicide Prevention Coalition (SPC) of Saratoga County is committed to suicide prevention and mental health awareness. Our mission is dedicated to preventing suicide across a growing Saratoga County by increasing awareness, providing suicide prevention trainings, and connecting individuals, families, and communities to resources. SPC is a collaboration of compassionate agencies, dedicated community members, crisis intervention organizations, and mental health professionals.

We aim to connect community members with evidence-based mental health support that will help you understand the warning signs, risk and protective factors, and how to support those in need.

Together, we share a common goal of cultivating safe environments and providing support for suicide awareness and prevention.

National Suicide rates have risen

32%

during the past decade

(CDC)

Resources:

988 Suicide & Crisis Lifeline -
www.samhsa.gov/find-help/988
Call, text, or chat 988.

Crisis Text Line - www.crisistextline.org -
Text 741741 to start a conversation.

American Foundation for Suicide Prevention (AFSP) - www.afsp.org

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

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

Mental Health Association in New York State -
www.mhanys.org

National Alliance on Mental Illness -
www.naminys.org

#BeThe1To -
www.bethe1to.com

The Trevor Project -
www.thetrevorproject.org

Contact Us:

If you have an emergency, please call 911.

All community members are welcome. Contact us to get more information on upcoming trainings, events, and other resources surrounding mental health awareness & suicide prevention.

For questions about the coalition or for mental health resources, please email:
ed@saratogacountyny.gov.

Suicide Prevention Coalition of Saratoga County

Advocate. Educate. Support.

The Suicide Prevention Coalition of Saratoga County supports prevention through education, training, and awareness events. It is co-facilitated by Saratoga County Department of Health and Saratoga County Department of Mental Health and Addiction Services.

SARATOGA COUNTY NEW YORK

Services Offered

SPC provides support to anyone by offering referrals and numerous resources for those who may be struggling or looking for help.

SPC also provides:

- A monthly meeting open to the community
- Networking opportunities
- Resource sharing
- Training opportunities
- Data updates
- Event participation
- Talk-Saves-Lives Educational Program

Training Opportunities

(Trainings are offered through a 3rd-party vendor)

Mental Health First Aid (MHFA)

MHFA offers a range of comprehensive skill-based early-intervention courses. Many versions of MHFA are available. Learn how to identify, understand, and respond to signs or symptoms of mental health or substance use challenges.

Question, Persuade, Refer (QPR)

In this one-hour training you will learn to recognize the signs of suicidal crisis and how to question, persuade, and refer someone to help. QPR is an emergency mental health intervention.

Training Opportunities (Cont.)

Community Gatekeeper Training

A gatekeeper is someone who is strategically positioned to help those at risk for suicide. Two trainings are available: Applied Suicide Intervention Skills Training (ASIST) and Suicide Alertness for Everyone-Tell Ask Listen Keepsafe (SafeTALK). These trainings help individuals learn to recognize suicide risk and warning signs, establish effective communication with individuals thinking about suicide, and connect them with life-saving intervention resources.

VA Operation S.A.V.E. Training

This training will help you act with care and compassion if you encounter a veteran who is in crisis or experiencing suicidal thoughts. The acronym S.A.V.E. (Suicide Awareness Voices of Education) helps you remember the important steps involved in suicide prevention.

School-based Interventions & Guidance

Three trainings are available for school staff, faculty and administration:

- **Creating Suicide Safety in School:** A full day workshop designed to assist school administrators, school-based mental health and health professionals, school safety staff, and school counselors with planning suicide prevention activities.
- **Suicide Safety for Teachers & School Staff:** A 60-to 90-minute training designed to meet the basic needs of school administration, faculty, and staff.
- **Helping Students at Risk for Suicide:** A full day workshop to incorporate the process of assessing, intervening, safety planning, and following up when there is concern that a student may be at-risk for suicide.

WE CAN HELP. YOU ARE NOT ALONE.

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

SHARE A RESOURCE:
Talking about suicide with someone can be difficult. Scan the QR code to access the Mental Health and Substance Use Disorder Guide