

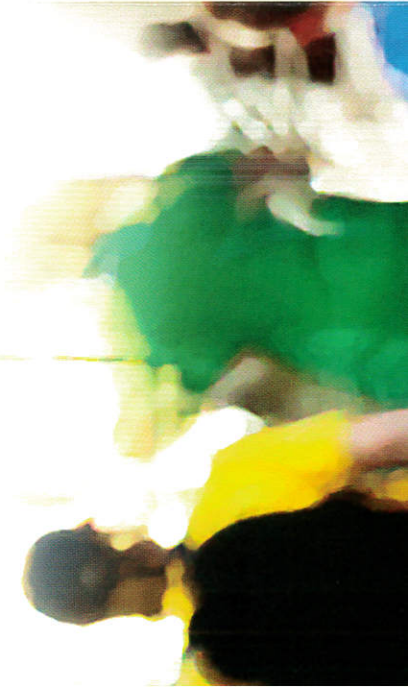
myths & facts

- Myth:** No one can stop a suicide; once it is chosen, it will take place.
- Fact:** If people in a crisis get the help they need, they will probably never be suicidal again.
- Myth:** Confronting a person about suicide will only make them angry and increase the risk of suicide.
- Fact:** Asking someone directly about suicide lowers anxiety, opens up communication and lowers the risk of an impulsive act.
- Myth:** Only experts can prevent suicide.
- Fact:** Suicide prevention is everybody's business, and anyone can help prevent the tragedy of suicide.
- Myth:** Suicidal people keep their plans to themselves.
- Fact:** Most suicidal people communicate their intent sometime during the week preceding their attempt.
- Myth:** Those who talk about suicide do not do it.
- Fact:** People who talk about suicide may try, or even complete, an act of self-destruction.
- Myth:** Once a person decides to complete suicide, there is nothing anyone can do to stop them.
- Fact:** Suicide is the most preventable kind of death, and almost any positive action may save a life.
- Myth:** If a suicidal youth tells a friend of a plan to commit suicide, the friend will tell an adult.
- Fact:** Most young people honor the "code of silence" and will not tell an adult.

If you know someone who exhibits these feelings, offer help!

If you experience any of these feelings, get help!

**CALL TOLL FREE:
1-877-9WE-HELP (1-877-993-4357)**



help & resources

National Resources
1-800-273-TALK
1-800-SUICIDE

Veterans Crisis Line
1-800-273-8255 and Press 1

Local Crisis Line
1-877-9WE-HELP



The Suicide Prevention Task Force of Schuylkill County

108 S. Claude A Lord Blvd.
Pottsville, PA 17901
Phone: (570) 621-2890

www.schuylkillvision.com/Partners/suicide-prevention-task-force.html

*"While there's life,
there's hope."*

Marcus Tullius Cicero

SUICIDE PREVENTION TASK FORCE of Schuylkill County



*"No matter how dark the
moment, love and hope
are always possible."*

George Chakiris

who we are

what we do

warning signs

Our Goal

The mission of the Suicide Prevention Task Force of Schuylkill County is to prevent suicide through public education and awareness, community action and local grassroots advocacy.

Schuylkill County's Suicide Prevention Task Force was originally formed in 1996 as a response to state statistics which indicated we had one of the highest suicide rates in the state. In 2004 the Task Force underwent structural changes and opened membership to community members and agencies. Today the Task Force consists of a large group of dedicated individuals working together to raise awareness and educate the public that suicide is the most preventable death.

In Schuylkill County, there were 35 documented suicides in 2009, 20 documented suicides in 2010, and 19 documented suicides in 2011.

In the United States an average of 1 person every 16.1 minutes killed themselves. Each suicide intimately affects at least 6 other people. If there is a suicide every 16.1 minutes, then there are 6 new survivors every 16.1 minutes as well. In addition there are 25 attempts for every death by suicide in the nation. Assuming that 6 survivors are intimately affected by a death by suicide, that would indicate that at least 444 family members and friends have been impacted by the death of a loved one in the last three years.

The Suicide Prevention Task Force of Schuylkill County currently meets monthly with four sub-committees:

- *Data Collection*
- *Speaker's Bureau*
- *HALOS Group*
- *Garrett Lee Smith Grants*

For more information regarding the Suicide Prevention Task Force of Schuylkill County please call the Administrative Office of the MH/DS/D&A Programs at (570) 621-2890.

QPR Gatekeeper Training

Learn how your group can become lifesavers.

Much like CPR or the Heimlich maneuver, the fundamentals of QPR (Question, Persuade, and Refer) are easily learned and may save a life. Since it is impossible for family doctors, counselors and mental health professionals to know everyone who needs help, everyone who is a gatekeeper should learn QPR. A gatekeeper is anyone in a position to recognize a crisis and warning signs that someone may be contemplating suicide. The training is appropriate for civic groups, church organizations, scout leaders, EMTs, fire fighters, school personnel, etc. Training has also been provided to physicians offices, hospital staff and teachers.

Save A Life Youth Program

Be ready if your friend is considering suicide.

This program for youth is a cooperative effort of the Suicide Prevention Task Force and the Jr Drug & Alcohol Advisory Board of Schuylkill County. "Save a Life" is available FREE of charge to students, youth groups, etc. It will include a showing of a DVD (approximately 22 minutes) and a member of the task force will present warning signs and referral information.

HALOS Support Group

Get support if you have lost someone to suicide.

HALOS (Hope After a Loved One's Suicide) meets twice a month. The group facilitator has survived the loss of an adult son to suicide. She has completed the survivor support facilitation training offered by AFSF and is a member of the SPTF. It can be powerful to connect with other survivors and a relief to talk openly about suicide with people who really understand. For further information regarding HALOS please call (570) 621-2890 ext. 110, leave a message and the facilitator will return your call.

- Talking about suicide, death, and/or no reason to live
- Giving away prized possessions
- Increasing use of alcohol or drugs
- Expressing a sense of hopelessness
- Withdrawing from friends and/or social activities
- Having attempted suicide before
- Being faced with a situation of humiliation or failure
- Experiencing drastic changes in behavior
- Having recent severe loss or threat of a significant loss



Suicide is Preventable

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