

MHA NEWSLETTER

PREVENTING SUICIDE

It can be frightening and intimidating when a loved one reveals or shows signs of suicidal thoughts. However, not taking thoughts of suicide seriously can have a devastating outcome. If you think your friend or family member will hurt herself or someone else, call 911 immediately. There are a few ways to approach this situation.

- Remove means such as guns, knives or stockpiled pills
- Calmly ask simple and direct questions, such as “Can I help you call your psychiatrist?” rather than, “Would you rather I call your psychiatrist, your therapist or your case manager?”
- Talk openly and honestly about suicide. Don’t be afraid to ask questions such as “Are you having thoughts of suicide?” or “Do you have a plan for how you would kill yourself?”
- If there are multiple people, have one person speak at a time
- Ask what you can do to help
- Don’t argue, threaten or raise your voice
- Don’t debate whether suicide is right or wrong
- If your loved one asks for something, provide it, as long as the request is safe and reasonable
- If you are nervous, try not to fidget or pace
- If your loved one is having hallucinations or delusions, be gentle and sympathetic, but do not get in an argument about whether the delusions or hallucinations are real
- If you are concerned about suicide and don’t know what to do, call the **National Suicide Prevention Lifeline: 1-800-273-TALK (8255)**. They have trained counselors available 24/7 to speak with either you or your loved one.

Providing Support

Even if your loved one isn't in a moment of crisis, you need to provide support. Let he/she know they can talk with you

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about what they are going through. Make sure that you are actively and openly listening to the things he/she says. Instead of arguing with any negative statements your loved one makes, try providing positive reinforcement. Active listening techniques such as reflecting feelings and summarizing thoughts can help anyone feel heard and validated. Furthermore, reassuring your loved one that you are concerned for their well-being will encourage him/her to lean on you for support.

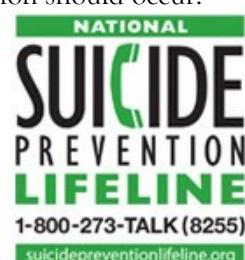
Be Educated

One of the best things you can do if you know or suspect that your loved one is contemplating suicide is educate yourself. Learning about suicide, what the warning signs are, and how it can be prevented can help you understand what you need to do as a member of their support system.

If Possible, Be Prepared

If your friend or family member has had suicidal thoughts in the past, it's a good idea to have a crisis plan just in case. This means that you'll need to work together to develop the best course of action if a crisis situation should occur.

See more at: <http://www.nami.org/Find-Support/Family-Members-and-Caregivers/Preventing-Suicide#sthash.2lAcv2Ir.dpuf>



Suicide Prevention Walk and Resource Fair

Thursday, September 15, 2016

4:30 pm – 6:00 pm

County Gym, 60 Central Ave., Cortland





App(s) of the Month: MY3

With MY3, one defines their network and their plan to stay safe. With MY3 they can then be prepared to help themselves and reach out to others when they are having thoughts of suicide. MY3 can help people get through their most difficult times. iPhone: <http://apple.co/2bmZHvX> Android: <http://bit.ly/2bmwdkO>



ABOUT THE MY3 APP

The MY3 app lets you stay connected when you're struggling with tough emotions or having thoughts of suicide.

With MY3, you define your network and your plan to stay safe, so you can be prepared to help yourself and reach out to others when you are having thoughts of suicide.

MY3 can help you get through your most difficult times, reminding you there is hope and a life to look forward to, even in your darkest moments.

Who are your 3? Is it your sister? Your therapist? Maybe even a neighbor down the street? Download MY3 to make sure that your 3 are there to help you when you need them most.

MY3 isn't effective on its own. If you need the MY3 app you also need an in-person support system. Reach out to your counselor if you already have one, or find one if you don't. Call 2-1-1 from any 607 area code phone number to get information on how to find supportive, mental health counseling in Cortland County. If you need immediate support for thoughts of suicide, call the 24/hr hotline at **800-273-TALK**. If it's an emergency, call 9-1-1 or go to the Cortland Regional Medical Center ER.

SUICIDE IS PREVENTABLE: REACH OUT, SPEAK UP AND ACT NOW

By Lexy Davis, Syracuse University MSW intern at Cortland County Mental Health Department

KNOW THE WARNING SIGNS OF SUICIDE

How do you remember the Warning Signs of Suicide?

IS PATH WARM?

I	Ideation
S	Substance Abuse
P	Purposelessness
A	Anxiety
T	Trapped
H	Hopelessness
W	Withdrawal
A	Anger
R	Recklessness
M	Mood Changes

Here's an easy-to-remember mnemonic:

If observed, seek help as soon as possible by contacting a mental health professional or calling **1-800-273-TALK (8255)** for a referral.

These warning signs were compiled by a task force of expert clinical-researchers and 'translated' for the general public—

the origin of IS PATH WARM?

To learn more about youth suicide, risk factors, and how to help, go to <http://www.suicidology.org/ncpys/warning-signs-of-suicide/>

**Suicide
the 10th
leading cause
of U.S deaths**

According to the American Foundation for Suicide Prevention, suicide is the 10th leading cause of death within the United States with 42,773 Americans dying by suicide each year. Suicide does not discriminate by race, age, socioeconomic status or gender. Sadly, it is the second leading cause of death within New York State for ages 15 to 34, with more than 17% of middle and high school students in Cortland County reporting that they have seriously considered suicide.

What are the warning signs and risk factors?

Behavior change is a key indicator of suicidality, especially after a big life change, loss or painful event. Most people who have been lost to suicide display warning signs, either behaviorally or verbally. Three key signs to watch for are (1) Verbalization, (2) Behavior, and (3) Mood. LISTEN when someone says they feel: like a burden, they have no reason to live, hopeless, trapped, or like they want to kill themselves. WATCH for behaviors such as use or increased use of alcohol or drugs, avoiding people and events, sleeping too much or too little, acting impulsively, and researching methods of suicide. Lastly, BE AWARE when someone displays rage, anxiety, depression, irritability, loss of interest, or humiliation.

How Can You Help?

In the United States, 117 suicides occur daily. This statistic

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Mental Health Association
OF CORTLAND COUNTY

We are a volunteer Board of Directors that act to initiate and promote advocacy services, educational presentations, prevention programs, and information and resource referrals.

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To learn more about the Cortland MHA visit:
<http://www.mhacortland.com>
or contact:
mhacortlandny@gmail.com

Suicide is Preventable: Reach Out, Speak Up and Act Now continues...

can be lessened by being aware of the warning signs, becoming educated on the facts, and understanding when and where to get help. You can help prevent suicide, by taking part in community-wide events such as the Cortland Suicide Awareness Walk and Provider Fair and/or American Foundation for Suicide Prevention (AFSP) walks in the region (listed below). You can also participate in local suicide prevention trainings, such as Youth Mental Health First Aid Training, actively join the local planning process to enhance approaches to suicide prevention, or volunteer with AFSP. By taking part in these walks you will be supporting those who have lost a loved one to suicide., and will be walking in solidarity with those who are fighting their own battle by letting them see there is hope, support and understanding within their community.

When and where will this walk take place?

The Cortland Suicide Awareness Walk and Provider Fair will take place on Thursday, September 15th, from 4:30pm to 6:30pm at the County Office Building gymnasium, 60 Central Avenue. The provider fair will occur throughout the walk. The Providers will offer connections with organizations and agencies within the community, numerous resources, and general information on mental health awareness and suicide prevention.

For more information on the Cortland Suicide Awareness Walk or how to participate in local suicide prevention efforts, contact **Alexandra Huntington-Ofner** at 607-428-5473 or ahuntingtonofner@cortland-co.org.

For more information on AFSP visit: www.afsp.org/centralny

SUICIDE PREVENTION AWARENESS MONTH
[One conversation can change a life.]

Learn more about what you can do as an individual, friend or family member.

NAMI
National Alliance on Mental Illness
NAMI.org/suicideawarenessmonth

Out of the DARKNESS
COMMUNITY WALKS
American Foundation for Suicide Prevention

Central NY Chapter Sponsored 2016 Out of the Darkness Walks

SAVE THE DATE

Mohawk Valley Walk - Fort Herkimer German Flatts Town Park - Mohawk NY - 9/10/2016

Ithaca Walk - Cass Park - Ithaca NY - 9/17/2016

Watertown Walk - Thompson Park - Watertown NY - 9/24/2016

Madison County NY Walk - Jim Marshall Farms - Chittenango NY 10/1/2016

Syracuse/Liverpool Walk - Long Branch Park - Liverpool NY - 10/8/2016

To Register Online for One of Our CNY Walks, please visit www.afsp.org/centralny



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Questions, comments, or feed-back on the MHA Newsletter?
We appreciate your thoughts!

EMAIL OPTION:

If you'd like to receive the MHA Newsletter electronically **in color** as a PDF, please send your full name and email to:
erin@sevenvalleyshealth.org

Community Events & Support

Cortland LGBT Men's Group

Monthly group for LGBT men and their allies at
Cortland LGBT Resource Center, 73 Main Street.
Contact 607-756-8970 for more information.

Parents & Change Support Group

This support group is for parents and caregivers of children, teens and adults with mental health conditions. Meetings are from 6:00 pm to 7:30 pm at 90 Central Avenue in Cortland. For more info please contact Beckey Tripp at parentsandchange@yahoo.com

Sep 12 Oct 10 Nov 14 Dec 12

2016 Meetings:

Suicide Prevention Walk and Resource Fair

Thursday, September 15, 2016
from 4:30 pm - 6:00 pm
County Gym, 60 Central Ave., Cortland

Caregivers Support Group

Meets every 4th Thursday at 12:30 pm at the County Office Building, Dining Room Room. For more information on the group or other caregiver resources including access to respite care in Cortland County, contact the Area Agency on Aging at (607) 753-5060.



If you have an upcoming community event or article you would like considered for admission to the MHA Newsletter, send your submission to ben@sevenvalleyshealth.org by the 7th of the month prior.

Disclaimer: The information presented here does not constitute professional medical advice. Individuals respond to treatment for mental health conditions in different ways, and treatment plans often need adjustment over time. Patients should work closely with their doctor and other health professionals in order to achieve optimal control of symptoms.