

SUICIDE PREVENTION RESOURCES

YOUR LIFE IS GOOD. YOUR LIFE IS A GIFT.

-- sometimes we need help to believe --

COMMON MYTHS

MYTH #1: SUICIDE DOESN'T HAPPEN IN OUR COMMUNITY

In the United States, 5% of all adults and 13% of young people ages 12-25 had serious suicidal thoughts in 2021. The highest rates of suicide are among older adults, ages 85+.

MYTH #2: TALKING ABOUT SUICIDE COULD PROVOKE SOMEONE TO ATTEMPT IT

Although high-profile suicides may trigger other attempts, talking honestly and openly about suicide is important because it lets people know non-judgmental help is available.

MYTH #3: MENTAL HEALTH STRUGGLES SHOULD BE KEPT SECRET

There is nothing shameful about suffering from depression, anxiety, or suicidal thoughts, and there are people who want to help.

TRAINING

ADAPP SUICIDE PREVENTION

A training series that provides information and action steps to prevent youth suicide.

- suicide-prevention.connectwithkids.com

LIVINGWORKS FAITH - NEW YORK STATE

An online program that empowers Christian Faith leaders to increase safety from suicide and minister to those who have experienced suicide loss.

- www.livingworks.net/faith-nys

PRAYER

NATIONAL CATHOLIC MENTAL HEALTH CAMPAIGN

A novena to inspire solidarity with those suffering from mental health challenges through prayer, reflection, and action.

- www.usccb.org/mental-health-novena

COMMON WARNING SIGNS

- Talking about wanting to die or being a burden
- Being isolated, withdrawing from loved ones
- Increased anxiety, extreme mood swings
- Feeling empty, hopeless, trapped, sad, or angry
- Taking risks or increased substance abuse
- Giving away possessions, saying goodbye

HOW TO HELP

- Ask. Be there.
- Keep them safe. Don't leave them alone.
- Secure weapons and lock medicine cabinets.
- Help them connect to resources.
- Follow up in person and through prayer.

IMMEDIATE HELP

988 SUICIDE & CRISIS LIFELINE

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

- Call or text 988
- www.988lifeline.org

COUNSELING

PARISH COUNSELING NETWORK

Low-cost, short-term counseling services for parishioners in need, with six sessions offered at a \$10 co-pay per session. Parishioners may be referred by their parish or contact PCN directly.

- www.parishcounselingnetwork.org
- 866-962-7487

SOLACE HOUSE

Solace House provides free, confidential, therapeutic counseling for anyone who is experiencing suicidal thoughts or suicidal distress, as well as those who engage in self-harm, or have been bereaved by suicide.

- www.solacehouseusa.org

RESOURCES FOR PARISHES:

IF YOU KNOW SOMEONE IN YOUR PARISH WHO NEEDS HELP:

- Refer them to the Parish Counseling Network.
- Pastors and designated parish staff can make a referral by calling 866-962-7487 ext. 1725. The referent source will be asked to provide the parishioner's contact information.
- Parishioners are eligible for a maximum of six counseling sessions with a co-pay of \$10 per session.

IF YOU ARE CONCERNED ABOUT YOUTH IN YOUR PARISH:

- Ensure they are safe and supervised.
- Consult parish policies and guidelines.
- Contact parents or guardians to share your concerns.
- Provide information about support and resources.
- Identify the best way to follow up with the youth and family.

988 SUICIDE & CRISIS
LIFELINE

RESOURCES FOR SCHOOLS:

IF THERE IS A STUDENT IN YOUR SCHOOL WHO NEEDS HELP:

- Understanding prevention and how to intervene is critical when concerned about a young person.
- One supportive conversation can change a life.
- Reach out to ADAPP Suicide Prevention (Archdiocese of NY Drug Abuse Prevention Program) at 718-904-1333.
- Visit www.tinyurl.com/ADAPP-Prevention-Resources for more information about how to help a young person you are concerned about.

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& CRISIS
LIFELINE

ADDITIONAL INFORMATION

ADAPP SUICIDE PREVENTION RESOURCES

Information and resources about suicide prevention and mental health, especially for youth: www.tinyurl.com/ADAPP-prevention-resources.

NEW YORK SUICIDE PREVENTION CENTER

A website designed to provide a comprehensive set of tools, information, and resources to support the effort to prevent suicide: www.preventsuicideny.org.

CDC SUICIDE PREVENTION

Facts, risk and protective factors, strategies, programs, and resources: www.cdc.gov/suicide.

AMERICAN FOUNDATION FOR SUICIDE PREVENTION

An organization that raises awareness, funds scientific research and provides resources and aid to those affected by suicide: www.afsp.org.

NATIONAL INSTITUTE OF MENTAL HEALTH - SUICIDE PREVENTION

The leading federal agency for research on mental disorders: www.nimh.nih.gov/health/topics/suicide-prevention.