Suicide Prevention Communications in a System of Care Community

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Who are we?
Let us tell you!
Chautauqua Tapestry 2.0

Mission:
Chautauqua Tapestry represents the weaving together of effective, appropriate and individualized supports and services that are accessible and comprehensive to meet the needs of youth with emotional and behavioral challenges and their families.

Vision:
Systemic transformation with shared understanding and commitment to and practice of system of care (SOC) values and principles.
An opportunity and challenge for Chautauqua County service and support providers to partner with youth who have emotional and behavioral challenges and with their families to create an accessible, responsive, appropriate and effective service delivery system.
The Community Alliance for Suicide Prevention recognizes that suicide is a community wide problem. We are dedicated to protecting and promoting life by fostering shared responsibility through raising awareness and community supports while embracing hopefulness and resiliency in the Chautauqua region.
Ongoing Initiatives

- Reach Out A Hand” Suicide Awareness & Prevention Campaign
  - 2013 SAMHSA ECCO Award Recipient
  - Marketing materials: magnets, warning signs/coping cards, pens, bracelets
  - County-wide campaign materials disbursement with billboards
- Trainings for community & professionals
- Train the Trainer opportunities for sustainability
Ongoing Initiatives

- School Districts: Sources of Strength; Lifelines Curriculum
- Continuous outreach to families and young people
- Out of the Darkness Walk with AFSP
- Postvention Team Planning and Toolkits
- Crisis Response Trainings for LE and EMS
- Other events and initiatives around mental health awareness and bullying
All messages should consider these 4 elements

www.suicidepreventionmessaging.org
Strategy involves planning and focusing messages, so they are as effective as possible.

www.suicidepreventionmessaging.org
Strategy

• Integrating communications with other efforts
• Defining clear goals
• Understanding the audience
• Identifying a “call to action”
• Providing resources for taking action

www.suicidepreventionmessaging.org
Safety is avoiding content that is unsafe or undermines prevention.

www.suicidepreventionmessaging.org
Promoting the positive in the form of actions, solutions, successes, or resources.

www.suicidepreventionmessaging.org
Positive Narrative

• Sharing resources
• Telling real stories of help-seeking, giving support, coping, or resilience
• Describing action steps the audience can take
• Featuring program successes, new research, or how people are making a difference

www.suicidepreventionmessaging.org
Guidelines means using any best practices that apply.

www.suicidepreventionmessaging.org
Recommendations for Reporting on Suicide

- Contagion Risk
- What to Say and What Not to Say
- Avoid Misinformation
  - Use of National Statistics
  - Tips for Social Media
- Offer Hope
  - Recognizing Warning Signs
  - Knowing What to Do
Understanding Contagion

• **Exposure to a suicide may influence others** (who may already be at risk) to take their life or attempt suicide.
• **Having known someone who died by suicide** is one of the most significant risk factors for suicide.
• **Teens and young adults** are more at risk for contagion.
• **Sensational media reports** and **inappropriate funeral services** may contribute to contagion.
Understanding Contagion

- Exposure to a suicide may influence others (who may already be at risk) to take their life or attempt suicide.
- Having known someone who died by suicide is one of the most significant risk factors for suicide.
- Teens and young adults are more at risk for contagion.
- Sensational media reports and inappropriate funeral services may contribute to contagion.
Recognizing the Warning Signs

The more of these signs a person shows, the greater the risk. Warning signs are associated with suicide but may not be what causes a suicide.

- Talking about wanting to die
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
Recognizing the Warning Signs

The more of these signs a person shows, the greater the risk. Warning signs are associated with suicide but may not be what causes a suicide.

- Increasing the use of alcohol or drugs
- Acting anxious, agitated, or recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings
What To Do

• If someone you know exhibits warning signs of suicide:
  • Do not leave the person alone
  • Remove any firearms, alcohol, drugs, or sharp objects that could be used in a suicide attempt
  • Call the U.S. National Suicide Prevention Lifeline at 800-273-TALK (8255)
  • Take the person to an emergency room or seek help from a medical or mental health professional
  • Call 911
What to Say...

and What Not to Say

• Suicide is a public health issue. Discussion of suicide should be informed by using best practices.

• The way suicide is discussed can influence behavior **negatively** by contributing to contagion or **positively** by encouraging help-seeking
• Instead of this
  • Describing recent suicides as an “epidemic,” “skyrocketing,” or other strong terms.

• Do this
  • Carefully investigate the most recent data and use non-sensational words like “rise” or “higher.”
• Instead of this
  • Describing a suicide as inexplicable or “without warning.”

• Do this
  • Report most, but not all, people who die by suicide exhibit warning signs.
Instead of this

- Referring to suicide as “successful,” “unsuccessful,” or a “failed attempt.”

Do this

- Describe as “died by suicide” or “completed suicide,” or “killed him/herself.”
Using National Statistics

- Larger sample
- Inconsistencies exist in reporting

“Suicide is the 10th leading cause of death in the US”

CDC
https://www.cdc.gov/violenceprevention/suicide/statistics/

AFSP
https://afsp.org/about-suicide/suicide-statistics/
Social Media

• What can you do when you encounter a person expressing thoughts of suicide on their social media profiles such as Facebook, Twitter, Tumblr, YouTube, etc?
• When possible, the best approach is to post a visible message for the user encouraging them to call the Lifeline or other hotline.
• If the message was posted on Facebook or Instagram, you may also flag the content as suicidal.
Suggestions for Online Media

• Commentators can help reduce risk of contagion with posts or links to treatment services, warning signs, and suicide hotlines.

• Include stories of hope and recovery, information on how to overcome suicidal thinking and increase coping skills.
Suggestions for Online Media

• The potential for online reports, photos/videos, and stories to go viral makes it vital that online coverage of suicide follow site or industry safety recommendations.

• Social networking sites often become memorials to the deceased and should be monitored for hurtful comments and for statements that others are considering suicide. Message board guidelines, policies and procedures could support removal of inappropriate and/or insensitive posts.
Offer Hope and Provide Resources

• Suicide is complex. There are almost always multiple causes, including psychiatric illnesses, that may not have been recognized or treated. However, these illnesses are treatable.
• Refer to research findings that mental disorders and/or substance abuse have been found in 90% of people who have died by suicide.
• Avoid reporting that death by suicide was preceded by a single event, such as a recent job loss, divorce, or bad grades. Reporting like this leaves the public with an overly simplistic and misleading understanding of suicide.
Offer Hope and Provide Resources

- Consider quoting a suicide prevention expert on causes and treatments. Avoid putting expert opinions in a sensationalistic context.
- Inform individuals about the causes of suicide, its warning signs, trends in rates, and recent treatment advances.
- Add statement(s) about the many treatment options available, stories of those who overcame a suicidal crisis, and resources for help.
- Include up-to-date local/national resources where individuals can find treatment, information and advice that promotes help-seeking.
Suicide Prevention Social Marketing Campaign Examples
Filling a Gap: Reach Out a Hand Campaign

• In 2010 the County was lacking any substantial suicide awareness initiatives or prevention campaigns
• Enhancement was needed in understanding of local resources
• Wanted to educate community members suffering from suicidal ideation and/or mental illness that they are not alone
• Stigma reduction was a main goal
Yours, Mine, and Ours

- Had conversations with other system of care communities and experts in the field
  - University of Rochester
  - New York State Office of Mental Health
  - Suicide Prevention Center of NY
  - American Foundation of Suicide Prevention
- Developed an initial idea of what we thought a campaign could look like
- Planned focus groups for youth and families
- Developed a timeline and established job roles
Brainstorming

• Held various focus groups at several local schools, youth groups
• Feedback on potential images and concepts
• What would YOU want to hear?
• What would YOU want to see?
• Sparked conversations and planted seeds of creativity for both us and them
• Brought final product back to them for testing
What’s behind YOUR “fine”?

The average person tells 4 lies a day or 1460 a year; a total of $7,600 by age 60. And the most common lie is: I’m Fine.
I had a handful of reasons why I considered suicide.

Reach out a hand.

Chautauqua County Crisis Hotline: 1-800-724-0461

But I only needed 1 to live.

I'm sad all the time. I don't have any friends. I think I'm ugly. No one would miss me.

Reach out a hand.

Chautauqua County Crisis Hotline: 1-800-724-0461
Safe Messaging Partners

Worked with local experts on safe messaging

• University of Rochester
• NYS Office of Mental Health
• Crisis Services of Buffalo
• Chautauqua County Mobile Crisis Team
• Suicide Prevention Center of NY
Bringing It To Life

Narrowed down the best and safest images/ideas
• Is it safe?
• Is it powerful and hopeful?
• Does it give enough information and appropriate next steps?
• Is the design and execution appealing and doable?
• What print and marketing mediums will this be used for?
• Is it culturally competent for our local population?
Bringing It To Life

- Local photographer donated her time to capture the hands
- All photos used were local community members
- Design and layout were put together using Photoshop
- Included a “hidden” additional message in a different color font to add another layer to the meaning
- Created posters, pocket cards and magnets in both English and Spanish versions
Reach Out A Hand

I have a handful of reasons why I considered suicide.

But I only needed one to live.

Chautauqua County Crisis Hotline:
1-800-724-0461

Photos by Paula Pickton

Suicide Warning Signs

Call the Hotline 1-800-724-0461
Reach Out A Hand

Yo tengo una mano llena de razones por las que he considerado el suicidio.

Pero solo necesita una para vivir.

Chautauqua County Línea Directa de Crisis:
1-800-724-0461

Call the Hotline 1-800-724-0461
Reach Out A Hand

#LEADINGCHANGE
Billboards

I have a handful of reasons why I considered suicide.

But I only needed 1 to live.

Chautauqua County Crisis Hotline: 1-800-724-0461

Photo by Paula Pichon

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Lessons Learned

• Allow for a good deal of time
  • Anticipate hurdles and setbacks
  • Revisions
• Know that there will be many good ideas
• Know your target audience
• Go to the experts!
  • Safe messaging
Kick-off Event

- Suicide Awareness & Prevention Day Proclamation
- National general and youth statistics on suicide
- Local information and statistics on suicide
- Survivor speakers
- Unveil campaign materials
- Special youth recognition
- Heroes of Hope Art Slide Show
2013 Silver ECCO Award from SAMHSA

Category: Community Outreach Children & Youth
Cup of Joe Campaign
2016-Present

- Local coffee shop partnerships
- Cards on tables and counters with information and resources
- Reach Out a Hand Campaign Wallet Card
- Promotion of Warning Signs; Crisis number
- Billboards
- Alliance background information
- Coffee sleeves
- Short survey
- Free Cup of Joe on return visit
- Based off of Orleans County, NY campaign
Cup of Joe Coffee Sleeves
Have a “Cup of Joe” on us!
Stop in to one of our local partners to help raise awareness for suicide prevention.

Chautauqua County Crisis Hotline 1-800-724-0461
Cup of Joe Survey

Since the founding in 2011, The Community Alliance for Suicide Prevention has collaborated with a number of local organizations throughout the Chautauqua Region to educate community members on suicide prevention and intervention, as well as provide resources for community members on how to get help during a crisis or non-crisis situation. The Alliance also provides various trainings on how to recognize warning signs.

The Community Alliance for Suicide Prevention recognizes that suicide is a community-wide problem. The Alliance is dedicated to promoting and protecting life by fostering shared responsibility through raising awareness and community supports while embracing hopefulness and resiliency in the Chautauqua region.

For additional information about The Community Alliance for Suicide Prevention or to request a training, please contact: Victoria Pattily at pathly@co.chautauqua.ny.us or call 716-753-4519.

Am you aware of the Chautauqua County Crisis Hotline Number? YES NO
Have you or a family member ever called the Crisis Hotline Number? YES NO
Have you seen the "Reach Out a Hand" billboards around town? YES NO
Did this card help you understand suicide warning signs a little better? YES NO
Do you plan to share this information with a friend or family member? YES NO

These signs may mean someone is at risk for suicide. Risk is greater if behavior is new or has increased and if it seems related to a painful event, loss or change.

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting Withdrawing or isolated

Cup of Joe Campaign

Cup of Joe is the newest effort in raising awareness for suicide prevention in the Lakewood and Jamestown areas, October through December 2016. The Cup of Joe campaign has partnered with local coffee shops to offer information to community members about suicide prevention, warning signs, and the Chautauqua County Crisis Hotline Number.

In exchange for filling out our short survey, you will receive a FREE Cup of Joe from any of our participating partners below.

The Labyrinth Press Company
Joe Z Coffee
Jones Valhalla Restaurant
Ryders Cup Coffee

#LEADINGCHANGE
Glow Your Mind 5K

• Fundraiser for The Community Alliance for Suicide Prevention

Fund through the Chautauqua Region Community Foundation was created in 2015 as a pass through account for fundraising and other donations

• Suicide awareness; stigma reduction
• Planning committee consists of many partners and community members
• MANY volunteers!
• Mental health resource tables
• After Glow Party with sundae bar, Live DJ, dancing, awards, glow sticks, LOTS OF FUN!
Glow Your Mind 5K
Chautauqua County Suicide Prevention Week
September 18-24, 2017
Chautauqua County Suicide Prevention Week 2017

• Campaign and Awareness week married local campaign and WNY campaign from Just Tell One and Suicide Prevention Resource Center
• Wanted to keep the message consistent with local messaging and branding
• MANY local partners at the table to carry out week activities and events
Chaumont County Suicide Prevention Week
Starting September 18th
Be the 1 To Reach Out First

All events are FREE and open to the public!

MARDAY 9/18
6pm-7pm Chaumont County Suicide Prevention Week Kick-off
Chaumont Mall, 318 1 st Avenue Ave, Lockport
Local partners discuss the importance of suicide awareness in Chaumont County. Learn the events for the week, initiating available trainings, and supporting resources. Learn what is happening and how you can get involved!

7pm Story "Your Story Doesn’t End Here" Poetry Slam
Mental Health Association in Chaumont County, 23 Water St. #P, Johnstown
Open mic! Come celebrate messages of hope, resilience, and help spread awareness about the importance of taking care of your mental health.

THURSDAY 9/20
12:30pm-3:30pm "Tie-dye for Hope"
Outside in Front Lawn (Near location: Gymnasium), SURY/JCC Dunlop Campus
For current ICC students only. awareness t-shirt/dye stations, paint for prevention station, helpful messages written, local resources, and make your own tie-dye. Bring your own apparel, tie-dye, or other supplies will be provided. For more information, call Kayla Crosby at 338-3004

WEDNESDAY 9/20
12:30pm "Tie-dye for Hope"
Outside in Front Lawn (Near location: Gymnasium), SURY/JCC Dunlop Campus
For current ICC students only. awareness t-shirt/dye stations, paint for prevention station, helpful messages written, local resources, and make your own tie-dye. Bring your own apparel, tie-dye, or other supplies will be provided. For more information, call Kayla Crosby at 338-3004

5pm: 7:30pm KDCK Club Rocks
Chaumont Mall 211, 1st Avenue Ave, Lockport (across from JCPenney)
Anti-Bullying Rock Painting for kids ages 8-12 and watercolor to celebrate positive messages and well-being. No registration required. potential KDCK Members can sign up at the event.

6pm Story "Point for Prevention"
The Resource Center, 168 Lakeview Dr, W, Dunkirk
Young people and families are encouraged to attend this event to create their own masterpiece with a hopeful message. No prior painting experience needed. Supplies and snacks are included. Come paint with us! Space is limited to 40 patrons. To register, email Cynthia at getty@cco.chaumont.ny.us

For more information contact Victoria Pati at (716) 753-4519 or getty@cco.chaumont.ny.us.
Please follow the Community Alliance for Suicide Prevention Facebook event page for an updated calendar of events.

THURSDAY 9/21
5pm-8pm Special Guest Speaker: Kevin Hines
SURF Pavilion, Wellness Center, SENE-ABC
Kevin Hines is a brain/mental health advocate, award-winning global speaker, best-selling author and documentary filmmaker who reaches audiences with his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder (at the age of 19), he attempted to take his life by jumping from the Golden Gate Bridge. He is one of only thirty-four to survive the fall, and the only one to regain full physical mobility. He is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy. Find The Community Alliance for Suicide Prevention on Facebook and check the events tab for more information.

FRI 9/22
11am-2pm addTLK Training
Mental Health Association in Chaumont County, 31 Water St #P, Johnstown
Suicide awareness for everyone training that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. Under 18 must be accompanied by a parent or guardian. Refreshments provided courtesy of the WNY Chapter of the American Foundation for Suicide Prevention. Space is limited. To register, call Victoria Pati at 753-4519

SATURDAY 9/23
10am-8pm Annual Johnstown Out of the Darkness Walk
Northwest Ave, 319 W Third St., Johnstown
The Out of the Darkness Walks are proof that when people walk together they can make big changes in the world. They are AFSP's largest fundraiser—they produce millions for suicide prevention programs, unite those who have been affected by suicide, and create communities that are smart about mental health. To pre-register visit www.adoungdonوت. org and search for Johnstown, NY. You can also register the day of the event from 8am to 10am.

Those who come to the Chaumont County Suicide Prevention Week events have a chance to win a copy of Crooked, Not Broken: Surviving and Thriving After a Suicide Attempt by Kevin Hines and a Kevin Hines t-shirt.

Chaumont County Crisis Hotline 1-800-724-0461
#BeThe1To
Suicide Prevention Week Kick-off
Chautauqua County Suicide Prevention Week

Be The 1 To
Reach Out a Hand
at the Chautauqua Mall 318, E Fairmount Ave, Lakewood

MONDAY, SEPTEMBER 18
6pm-7pm Chautauqua County Suicide Prevention Week Kick-off
Local partners discuss the importance of suicide awareness in Chautauqua County including events for the week, initiatives, available trainings, and supportive resources. Learn what is happening and how you can get involved!

WEDNESDAY, SEPTEMBER 20
6pm-7:30pm KIDX Club Rocks (in front of JCPenney)
Anti-Bullying Rock Painting for kids ages 12 and under to celebrate positive messages and well-being. No registration is required, potential KIDX Members can sign up at the event.

For more information contact Victoria Patti at (716) 255-4519 or patti@gmail@chautauqua.ny.us
Please follow the Community Alliance for Suicide Prevention Facebook event page for an updated calendar of events.
EmpowerMe!

TIE-DYE FOR HOPE

WHERE: Outside in Front Lawn
WHEN: Tuesday, September 19
12:30 p.m. – 1:30 p.m.

Awareness tie-dying station, paint for prevention station, hopeful messages station, local resources, and make your own trail mix. Please bring your own apparel to tie-dye, all other supplies will be provided. Raise awareness about the incidence and impact of suicide, connect students to mental health resources, and inspire action for suicide prevention.

EmpowerMe!

TIE-DYE FOR HOPE

WHERE: Outside by the Pond
WHEN: Wednesday, September 20
Noon – 1:00 p.m.

Please bring your own apparel to tie-dye, all other supplies will be provided. Raise awareness about the incidence and impact of suicide, connect students to mental health resources, and inspire action for suicide prevention.

Awareness Tie-Dying Station
Paint for Prevention Station
Hopeful Messages Station
Make Your Own Trail Mix
Chautauqua County Suicide Prevention Week

Be The 1 To
Reach Out a Hand

at The Resource Center, 186 Lakeshore Dr. W, Dunkirk NY

Behavioral Health Entrance

WEDNESDAY, SEPTEMBER 20

6pm-8pm Paint for Prevention

Young people and families are encouraged to attend this event to create their own masterpiece with a hopeful message. No prior painting experience needed. Supplies and snacks are included. Come paint with us! Space is limited to 40 painters.

To register, email Cynthia at: cynthia.neu@resourcecenter.org

For more information contact Victoria Patti at (716) 793-4519 or pattiv@co.chautauqua.ny.us

Please follow the Community Alliance for Suicide Prevention Facebook event page for an updated calendar of events.

#LEADINGCHANGE
Chautauqua County Suicide Prevention Week
Be The 1 To
Reach Out a Hand
at the Mental Health Association in Chautauqua County
31 Water St #7, Jamestown

MONDAY, SEPTEMBER 18
7pm-8pm “Your Story Doesn’t End Here” Poetry Slam
Open mic! Come celebrate messages of hope, resilience, and help spread awareness about the importance of taking care of your mental health!

THURSDAY, SEPTEMBER 21
1pm-2pm Recovery Lunches sponsored by the United Christian Advocacy Network (UCAN)
Please join us to celebrate recovery, resiliency, and important milestones to you! Lunch is provided with friendship and love. Local resources available.

3pm-4:30pm “Tie-dye for Hope”
Create beautiful tie-dye creations for suicide awareness with friends at the MHA. Please bring your own apron. All other supplies will be provided. Local resources available.

For more information contact Victoria Patti at (716) 755-4329 or patti@co.chautauqua.ny.us
Please follow the Community Alliance for Suicide Prevention Facebook event page for an updated calendar of events.
Chautauqua County Suicide Prevention Week

Be The 1 To
Reach Out a Hand

THURSDAY SEPTEMBER 21, 2017

Special Guest Speaker: Kevin Hines

Kevin Hines is a brain/mental health advocate, award-winning global speaker, bestselling author and documentary filmmaker who reaches audiences with his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder (19 years of age), he attempted to take his life by jumping from the Golden Gate Bridge. He is one of only thirty-two to survive the fall, and the only one to regain full physical mobility. He is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy. The fall would break his body, but not his spirit. Today, Kevin dedicates his life to saving lives by spreading the message of hope and sharing his art of living mentally well. He is one of the most respected and admired voices of lived experience. Kevin’s story is a remarkable testament to the strength of the human spirit and a reminder for us to love the life we have. www.kevinhinesstory.com

10am-11am
SUNY Fredonia, Williams Center, S204 ABC
280 Central Ave.
Fredonia, NY 14063

7pm-8pm
SUNY JCC, Schraurmann Theatre
525 Falconer St.
Jamestown, NY 14701

For more information contact Victoria Petti at (716) 793-4819 or pettiV@co.chautauqua.ny.us

Please follow the Community Alliance for Suicide Prevention Facebook event page for an updated calendar of events.
Jamestown Out of the Darkness Walk

Walk to Fight Suicide

Jamestown
Sat, Oct 13th, 8:30am
St. Luke's Episcopal Church

Register Today!
afsp.org/jamestown
Saturday, November 18, 2017
11 a.m. – 2 p.m.
St. Luke’s Episcopal Church
410 N. Main Street
Jamestown, New York 14701

*To Register, Visit: AFSP.org/survivors_day/jamestown-newyork
*All participants must register prior to the event
*For the Event on Facebook by visiting the events tab on St. Luke’s page

You are not alone. Join a community of suicide loss survivors to find comfort and gain understanding as we share stories of healing and hope.

International Survivors of Suicide Loss Day is the one day a year when people who are affected by suicide loss gather around the world at events in their local communities for support, information, and empowerment.

The event features a screening of The Journey: A Story of Healing and Hope, an AFSP-produced documentary that traces the grief and healing journey that follows a suicide loss through the eyes of a diverse group of loss survivors. The film shows how those left behind navigate the aftermath of their loved one’s suicide, find meaning and even joy, and take an intimate look at how their healing journey evolves over time.
International Survivors of Suicide Loss Day

Saturday, November 18, 2017
11 a.m. – 2 p.m.
St. Luke’s Episcopal Church
410 N. Main Street
Jamestown, New York 14701

To Register: Visit AFSP.org/survivor_day/jamestown-newyork

All participants must register prior to the event.

Find the Event on Facebook by visiting the events tab on St. Luke’s page

Refreshments, local resources, peer support, connectedness, healing activities, memorial crafts, meditation and prayer.

You are not alone. Join a community of suicide loss survivors to find comfort and gain understanding as we share stories of healing and hope.

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#LEADINGCHANGE
P.S. I Love You Day
Suicide: The Ripple Effect
Family, Youth, & Peer Involvement: Always!

- High school & College student involvement
- Family members and peers help plan events
- Event volunteers: set-up, clean-up, sponsorship solicitation, flyer distribution, assists in event permit applications, etc.
- Family led event planning
- College student led event planning
- High school student volunteers- school credit!
- Social Marketing campaign voice
- Public Relations support and opportunities
Support Groups

Survivors of Suicide Loss
Bereavement Support Group

Have you experienced a death of a loved one by suicide?

There is a safe place in our community for survivors of suicide loss to share their stories with others who are experiencing similar thoughts and feelings. The grieving process is complex after losing a loved one to suicide and we are here to support you in your journey.

This group is open to all adult survivors of suicide loss, 18+

HELP • HOPE • HEALING

Chautauqua Hospice and Palliative Care
20 W Fairmount Avenue
Lakewood, NY

Beginning March 20, 2018 at 6:30pm
1st & 3rd Tuesdays of every month
For more information, Call 716-338-0033 Ext. 212

CO-SPONSORED BY
THE COMMUNITY ALLIANCE FOR SUICIDE PREVENTION
CHAUTAUQUA COUNTY DEPARTMENT OF MENTAL HYGIENE
CHAUTAUQUA HOSPTICE AND PALLIATIVE CARE

#LEADINGCHANGE
Support Groups

Suicide Attempt Survivor Peer Support Group

Recovering from a suicide attempt is not easy. It takes time to heal both physically and emotionally. Through sharing our stories of survival and hope, we can support each other.

Our Group is an open, caring, non-judgmental space where we can share thoughts, experiences and the impact suicide attempts have had on our lives. It is a place to be surrounded and supported by peers who have similar lived experiences.

This group is facilitated by Kirsten Vincent, a mental health counselor, and a peer with lived experience in the area of suicide and peer support.

This closed group will be held in Jamestown starting on November 16th, 2017 and will meet on the 3rd Thursday of every month from 6-7pm.

Call Kirsten for location and/or more information at:
716-260-0301

#LEADINGCHANGE
Join us for
Depressed Cake Shop
Jamestown
Pop-Up Bakery and Shop

Depressed Cake Shop: a community of bakers and makers committed to ending the stigma surrounding mental illness one gray cake at a time.

“Where there is cake there is hope, and there is always cake.”

Proceeds go to The Community Alliance for Suicide Prevention of Chautauqua County

When: June 1st 2017
Where: Full Moon Rising Bakery & Studio 744 3rd St, Jamestown, NY

Treats from Full Moon Rising Bakery that will send you to the moon!
- Cupcakes
- Cookies
- Cake
- Pretzels

Local Vendors
- Shopper
- Bakery Tiger Billy
- Local Advocacy Centers
- And more!

Join us for a magical night filled with cake, art and good conversation.

For more information visit
thedepressedcakeshop.com or
Fullmoonrisingbakery@gmail.com
Kick Cabin Fever Indoor Triathlon

Are You Ready to Kick Cabin Fever this Winter?
Join us for an active and fun event for all ability levels!

Saturday, February 3, 2018
Chautauqua Health and Fitness at Turner Community Center
4840 West Lake Rd
Mayville, NY 14757

Registration open at 10:00am, Heats start at 11:00am
Individual Sign Up $35
Team Sign Up $70 (up to 3 people)

This is the perfect chance to get off the couch this winter and try your first triathlon. To compete, an individual or team must complete a 15-minute swim, a 15-minute stationary bike ride, and a 15-minute run on a treadmill. Winners are determined by who is able to cover the greatest distance by combining the timed swim, bike ride, and run.

FREE long-sleeved t-shirt for all participants who register by January 25. Sizes limited.

Check out the Kick Cabin Fever website at
www.kickcabinfever.com

Register at: www.racerssignup.com/kick-cabin-fever-2018
PFC Joseph P. Dwyer Suicide Prevention Run

PFC JOSEPH DWYER
SUICIDE PREVENTION
MOTORCYCLE RUN
CHAUTAUQUA CO., NY
EST. 2018

SAVE THE DATE
PFC JOSEPH P. DWYER SUICIDE PREVENTION RUN
SATURDAY, SEPTEMBER 29, 2018
REGISTRATION BEGINS AT 9:00 A.M.

HARLEY - DAVIDSON OF JAMESTOWN
1951 E. MAIN ST. FALCONER, NY 14733

FIND EVENT INFO ON THE PFC JOSEPH P. DWYER
PEER TO PEER PROGRAM - CHAUTAUQUA FACEBOOK
WWW.FACEBOOK.COM/DWYERCHAUTAUQUA/

OR ON CYBERSPOKES
WWW.CYBERSPOKES.COM/EVENTS.HTM

RAIN OR SHINE WE WILL RIDE!
THIS EVENT WILL BENEFIT THE VETERANS ENDOWMENT FUND
AND THE COMMUNITY ALLIANCE FOR SUICIDE PREVENTION.

#LEADINGCHANGE
Shameless Plug...
Check us out on Facebook!

www.facebook.com/ChautauquaTapestry/

www.facebook.com/TheCommunityAllianceForSuicidePrevention/
Questions?!?!
Contact Us!

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THANK YOU!