



**Public Health**  
Prevent. Promote. Protect.

Cortland County Health Department

## CORTLAND COUNTY HEALTH DEPARTMENT

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TO: Local Media

FROM: Nicole Anjeski, Public Health Director, Cortland County Health Department, Sharon MacDougall, Director of Community Services (DCS), Cortland County Mental Health Department, and the SPEAK UP Cortland (Suicide Prevention Coalition)

RE: County health agencies remind community members of suicide prevention resources available to those experiencing emotional distress, shares warning signs

DATE: 1/24/2023

The Cortland County Health Department, Cortland County Mental Health Department, and SPEAK UP Cortland Suicide Prevention Coalition would like to remind community members about the resources available if you, or someone you know, is experiencing a suicidal crisis or emotional distress. Suicidal thoughts can be reduced with proper mental health support and treatment, and are not weaknesses or flaws. If you feel that someone you know is thinking about suicide, assume you are the only one who will reach out. Ask them directly if they are thinking about suicide, this will not put the idea into their head or make it more likely that they will attempt suicide. Take all talk and their response *seriously*. A person who is thinking about suicide is experiencing a life threatening health crisis. Work with them to keep them safely away from lethal means like firearms and drugs. Stay with them and call or text 988 for the Suicide & Crisis Lifeline.

For more information visit the American Foundation for Suicide Prevention: <https://afsp.org/get-help> and the NYS Office of Mental Health (OMH) Suicide Prevention Center of New York (SPCNY) <https://www.preventsuicideny.org/>

### 988 Suicide & Crisis Lifeline:

Call or text 988 to be connected to trained counselors who will listen, provide support, and connect to resources. Both services are free and available 24 hours a day, seven days a week. The deaf and hard of hearing can contact the Lifeline via TTY at 1-800-799-4889. All calls are confidential. The lifeline is for anyone experiencing emotional distress, not just for those thinking about suicide.

### Crisis Hotlines

988 Suicide and Crisis Lifeline: Dial **988**, Veteran Crisis- **988 press 1**

Crisis Text Line: Text **GOT5 to 741741**

OASAS HOPEline: Call **1-877-8-HOPENY** or text **HOPENY**

NY State Domestic Violence and Sexual Violence Hotline: Call **1-800-942-6906** or text **844-997-2121**

LGBTQ Trevor Project Webpage <https://www.thetrevorproject.org/get-help/> Text **START to 678-678**



WORKING TO BUILD A HEALTHY COMMUNITY SINCE 1929

## **Mental Health Treatment**

The following agencies can provide in-person or virtual (tele-therapy) mental health treatment for community members:

*Cortland County Mental Health Department Clinic*

Phone: 607-758-6116

Address: 7 Clayton Ave. Cortland, NY 13045

*Family & Children's Counseling Services*

Phone: 607-753-0234

Address: 165 Main St. Cortland, NY 13045

## **Warning Signs of Suicide:**

Some warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change. **If you or someone you know exhibits any of these, seek help by calling 988.**

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like 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
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

**Media entities should reference the following document for recommendations on safe reporting on suicide: <https://www.datocms-assets.com/12810/1625661294-top-ten-tips-for-reporting-on-suicideupdated.pdf>**