

New York State Office of Mental Health Suicide Prevention Initiative

New York State recognizes suicide as a serious statewide public health problem and accordingly has established suicide prevention as a top priority.

Suicide prevention and early intervention saves lives. Our mission is to reduce the number of suicides in New York State through awareness intervention.

The Suicide Prevention Initiative, sponsored by New York State Office of Mental Health seeks to involve stakeholders at all levels in every community within the State.

Suicide prevention is not only a mental health issue. The approach to prevent suicides must be collaborative in order to create supportive environments and strengthen community actions. We've reached a new era in suicide prevention. **Together, we can save lives.**

Contact:

Melanie Puerto, Director
NYS OMH Suicide Prevention Initiative
(518) 408-2013
Melanie.Puerto@omh.ny.gov

How we can help

We strive to meet the unique needs of our communities by providing specifically tailored consulting about your training and policy needs. The last several years have seen an expansion of research in all aspects of suicide prevention. Our staff keeps abreast of current knowledge and seeks opportunities to share new tools and resources.

School-Based Suicide Prevention

We are prepared with current best-practice recommendations to support schools, whether they are just beginning to review suicide prevention and postvention policies, or they are moving toward comprehensive implementation of suicide prevention practices.

Links to Trainers

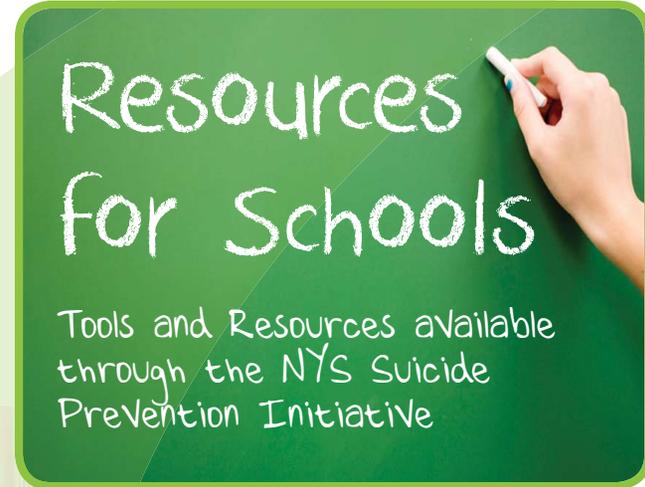
We are connected to a network of skilled, certified trainers able to address awareness, intervention skills, postvention and community planning for suicide prevention.

Contact:

Pat Breux, Youth Prevention Specialist
Suicide Prevention Center of New York
(518) 402-1156
pat.breux@omh.ny.gov

Contact us, we can help! Together, we can save lives.

www.omh.gov.ny/omhweb/suicide_prevention/
www.preventsuicideNY.org



Together, we can save lives.



Online Training for High School Educators



At Risk is an online interactive training that designed for high school educators.

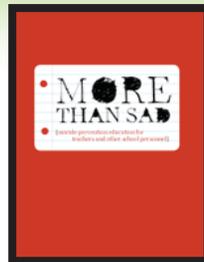
- Learn to recognize signs of psychological distress and connect students to support services
- Practice speaking with student avatars exhibiting psychological distress
- 1-hr training, available 24/7
- Listed in SPRC/AFSP Best Practices Registry

Access Free Training at: highschool.kognito.com/newyork



More Than Sad Training

More Than Sad features two films and a discussion guide. More Than Sad: Preventing Teen Suicide, educates school personnel about the causes of youth suicide, warning signs and steps they can take to get help for students. The second film, More Than Sad: Teen Depression, presents teens a recognizable picture of depression, reduce misconceptions about treatment, and promotes help-seeking. www.morethansad.org or www.afsp.org



SOS Signs of Suicide® Programs

Practical risk management tools to access, prevent and teach youth how to respond to signs of suicide and non-suicidal self-injury. The SOS Signs of Suicide programs teach students the warning signs of depression and suicide and encourage help-seeking through the use of the ACT® technique (Acknowledge, Care, Tell). www.mentalhealthscreening.org/youth

Creating Suicide Safety in Schools Workshop

The need:

Few issues that administrators face evoke as much concern as youth suicide. As this issue has gained prominence, so have the many programs being offered. Schools looking for guidance are often inundated with guide books, training programs and presenters. Sorting out what a school should be investing its limited resources in, can be a daunting task.



The workshop:

Creating Suicide Safety in Schools is a one-day, interactive workshop designed to engage high school teams in a process to:

- Evaluate existing suicide prevention and intervention readiness
- Receive evidence-based and best practice guidance
- Develop a comprehensive suicide prevention and response plan
- Learn about resources to enhance safety and health of your school environment that are subsidized or available at low or no cost.

This workshop is offered at no cost to participants as a pilot program sponsored by Suicide Prevention Center of New York and New York State Office of Mental Health.

Interested? Contact: Pat Breux by phone at 518-402-1156 or email: Pat.Breux@omh.ny.gov

The Trevor Project

The Trevor Project is the leading national organization focused on crisis and suicide prevention efforts among lesbian, gay, bisexual, transgender and questioning youth. The Trevor Project saves young lives through its free and confidential lifeline, in-school workshops, educational materials, online resources and advocacy. www.thetrevorproject.org

Sources of Strength

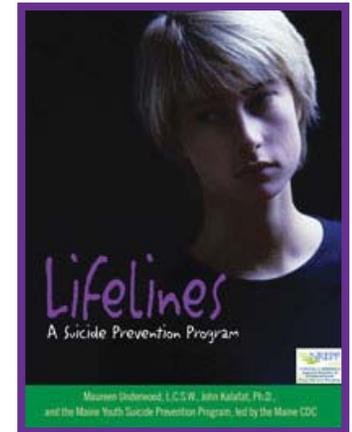
Sources of Strength is a comprehensive wellness program that works to use peer leaders to change norms around codes of silence and help seeking. The program is designed to increase help seeking behaviors and connections between peers and caring adults. Sources of Strength has a true preventative aim.



www.sourcesofstrength.org

Lifelines®

Lifelines: A Comprehensive Suicide Awareness and Responsiveness Program for Schools is a whole-school program made up of three unique components: *Lifelines: Prevention*, *Lifelines: Intervention*, and *Lifelines: Postvention*. This trilogy of programs is the only existing model of its kind available for schools and is based on over 20 years of research, which indicates an informed community can help to prevent vulnerable teens from ending their lives.



For more information, contact the Society for the Prevention of Teen Suicide at www.sptsusa.org.