



Essex County Suicide Prevention Coalition

essexcountyny.gov/essex-county-suicide-prevention-coalition/

www.facebook.com/essexcountysuicidepreventioncoalition/

What we do:

The Essex County Suicide Prevention Coalition's Vision is that Essex County will have the necessary information and tools to raise awareness, promote education, and increase action to reduce suicides. Their Mission is to work together as a community to increase suicide awareness and prevention.

What services we provide:

The Coalition hosts several events such as:

The Vivid Life Run

The Chalk the Walk event honors Suicide Prevention Month in September and it helps bring awareness, spreads the word and fills the county with positive messaging by chalking our sidewalks #essexchalkthewalk.

Through the Suicide Prevention Coalition, suicide prevention programs such as QPR (Question, Persuade and Refer) are available to community members, schools, and organizations.

The Suicide Prevention Coalition was initiated in 2013 in response to a higher-than-usual rate of suicides in Essex County. Through the Coalition's work and the support of the Essex County-based crisis lines, we have been able to reduce the number of suicides by approximately 50% since 2015.

Contact Person:

Terri Morse,
Director of Essex County Mental Health
Director of Community Services
518-873-3670

How do we access crisis services in Essex County?

Call Essex County Mental Health at 1-888-854-3773

Mental Health Association's HOPELINE at 1-800-440-8074; or 9-8-8

QPR Suicide Prevention Training

Free for Essex County Workplaces, Communities & Schools



Question. Persuade. Refer.

The 3 steps anyone can learn to help prevent suicide.

- **Free** online for individuals serving Essex County residents and community members.
- Just as people trained in CPR help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and **learn how to question, persuade, and refer someone to help.**
- **For instructions to access this 1 hour self-paced QPR certification course:** use this QR code or visit BRIEF's training page at www.essexcountyny.gov/BRIEF/training/
 - Use organization code ECMH



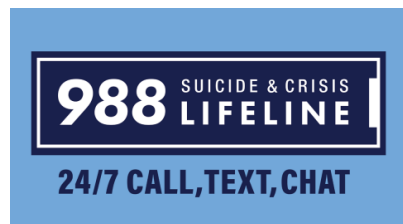
**Are you, or someone you know, struggling right now?
Call 988 for help right away.**



Building Resilience in Essex Families
For more information about training,
please contact Stefanie Miller at
stefanie.v.miller@essexcountyny.gov



In partnership with the
Essex County Suicide Prevention Coalition



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