

Take Action Immediately

Early recognition of suicide warning signs can improve the outcome of a suicide crisis.

Asking someone about the presence of suicidal thoughts and feelings opens up a conversation that may lead to a referral for help.



Calling 1-800-SUICIDE (1-800-784-2433) or local crisis resources for evaluation and possible referral is critical. If you know someone experiencing rejection or sadness, that has withdrawn from family and friends or given away things of value, call the local or national crisis hotline listed below.

NEVER LEAVE THEM ALONE.

Encourage them to seek help.

24/7 Round-the-clock Supports

Local Crisis Hotline
(724) 437-1003

National Hopeline Network
(800) 784-2433

National Suicide Prevention Lifeline
(800) 273-TALK (8255)
Veterans and Military press 1
for further assistance

Online Chat-veteranscrisisline.net
VETERANS TEXT 838255
TTY DIAL 711-1-800-273-8255

National Suicide Prevention Text Line
text HOME to 741741

We encourage all Fayette County residents, including military veterans, to become active in suicide prevention.

Below is a list of local organizations in which to participate and online resources for information on suicide prevention and suicide prevention efforts.

Local Supports

Carelon Health (Fayette County)
(877) 688-5972

Stepping Stones Grief Group
(724) 439-1683

Healing Connections
Suicide Support Group
(724) 425-2441

Online Information

[SuicidePreventionLifeline.org](https://www.suicidepreventionlifeline.org)

[PreventSuicidePa.org](https://www.preventsuicidepa.org)

[Suicidepreventionalliance.org](https://www.suicidepreventionalliance.org)

[Suicidology.org](https://www.suicidology.org)

[Helpguide.org/Mental/Depression_tips.htm](https://www.helpguide.org/Mental/Depression_tips.htm)

[JasonFoundation.com](https://www.jasonfoundation.com)

Local Crisis Hotline
(724) 437-1003

**National Suicide Prevention
Lifeline**
988

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TextLine: Text PA to 741741

Fayette County Suicide Prevention Task Force

{SUICIDE}

IS 100% PREVENTABLE

Our goal is to increase the awareness and concern about suicide as a community-wide preventable health problem.

SPEAK UP REACH OUT

Affiliated with:
Fayette County
Behavioral Health
Administration
215 Jacob Murphy Lane
Uniontown, PA 15401
(724) 430-1370

Fayette County Suicide Prevention Task Force

Who We Are

An active coalition of residents, community groups, healthcare providers, schools and educators, elected officials, clergy, law enforcement and criminal justice agencies, unions, employers and others.

Our Vision

To promote awareness that suicide is preventable and to develop a broad-based community wide support for prevention.

To work towards eliminating ignorance, indifference, insensitivity, and to reduce the stigma linked to suicide.

Our Mission

To reduce the pain associated with suicide and suicidal behaviors.

To offer information and education about suicide prevention.

To assure access to prevention, intervention and post-intervention programs.

If you would like to participate, call
(724) 430-1370.

Why We Need To Care

With every suicide, family members, friends, and co-workers may suffer severe trauma and on-going emotional problems. Additionally, suicides impact police, EMT's, ambulance personnel, hospitals, crisis centers and mental health providers.

Suicide Prevention is **EVERYONE'S** business

Suicide Protective Factors



- ☺ Strong bonds and supportive relationships with family and friends
- ☺ Strong beliefs in the meaning, respect and value of life
- ☺ Beliefs that discourage suicide and support self-preservation
- ☺ Community supports from a variety of organizations including the medical and mental health care community, educational systems and religious organizations
- ☺ Easy access to support groups
- ☺ Hope for the future



Suicide Can Be Prevented



Some **warning signs** include:

- ◆ Talking to or threatening to hurt or kill oneself
- ◆ Feeling Trapped
- ◆ Seeking access to firearms, available pills or other means
- ◆ No reason for living
- ◆ Using/abusing alcohol, drugs or other substances
- ◆ Talking or writing about death
- ◆ Dramatic mood changes
- ◆ Sense of worthlessness, hopelessness or helplessness
- ◆ Getting affairs in order, making arrangements
- ◆ Loss of interest in things one cares about

