

211CNY: Information and referral

When you don't know where to turn, call 211.

211CNY provides information about health and human services resources, including shelter, food, energy assistance, substance abuse resources, legal aid, health, mental health and more. 211CNY serves Onondaga, Oswego, Jefferson, Lewis and St. Lawrence counties.

Dial three-digits: 211

Call anytime to talk with an information and referral specialist.

211cny.com

Access the online database anytime.

Contact offers other trainings, including Children 1st for parents involved in custody disputes and Anger Management for adults. Professional development for educators includes Positive Behavioral Strategies for the Classroom to cultivate safer classrooms and reduce negative student behaviors.

Contact Community Services, Inc.

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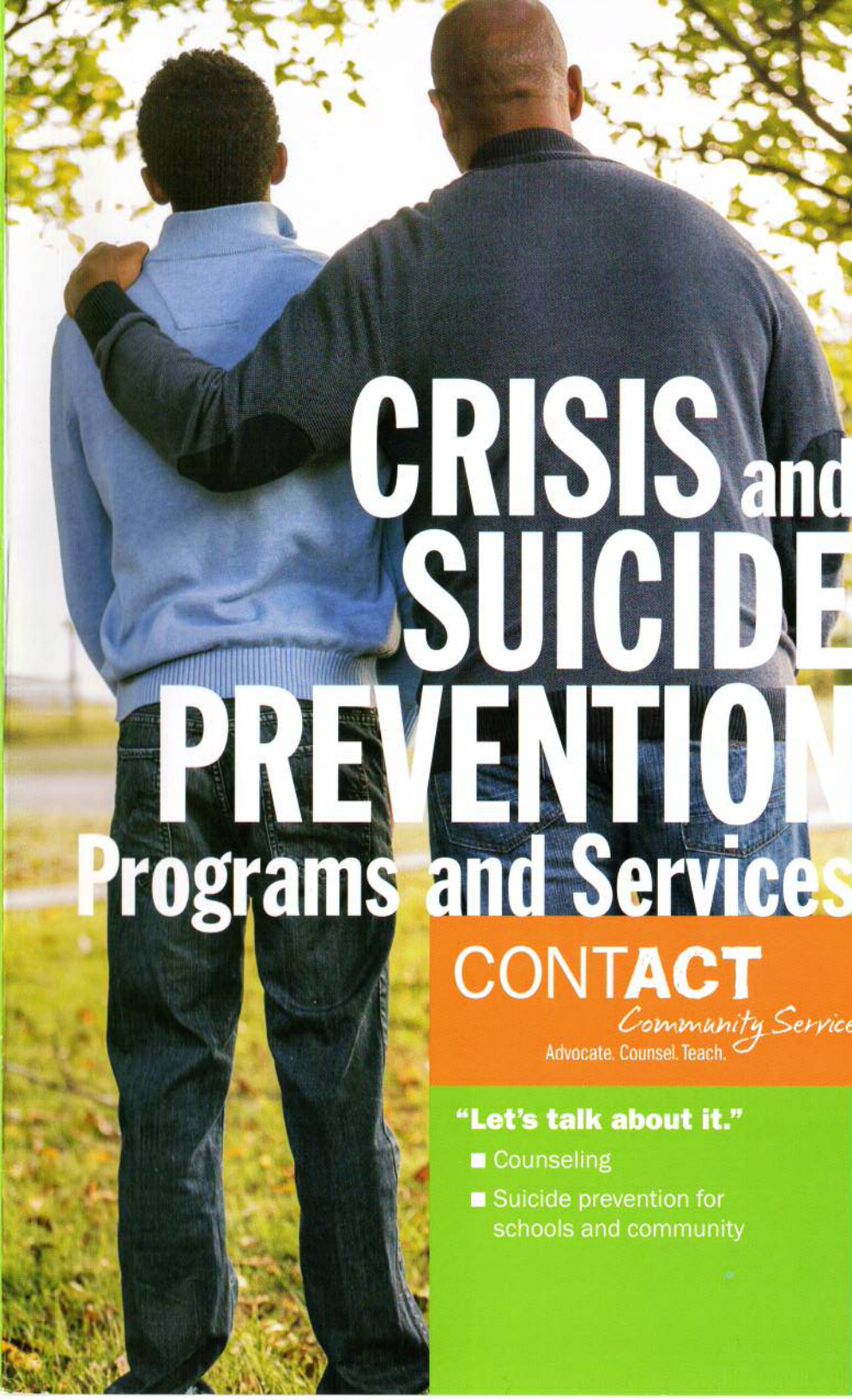
For more information about Contact's suicide prevention and other school and community services, visit our website:

www.contactsyracuse.org

Suicide-safer Community Initiative with funding from



United Way
of Central New York



CRISIS and SUICIDE PREVENTION Programs and Services

CONTACT

Community Services

Advocate. Counsel. Teach.

"Let's talk about it."

- Counseling
- Suicide prevention for schools and community

“Let’s talk about it.”

Counseling

When you’re feeling down, speak up! Use Contact or National Suicide Prevention Lifeline services to talk about suicide, depression, loneliness, grief, dating, divorce, employment and financial worries, mental health, substance abuse, family problems or other issues.

Telephone Hotlines

The Contact Hotline

Dial: **315-251-0600** 24/7

National Suicide Prevention Lifeline (NSPL)

Dial: **800-273-TALK (8255)** 24/7
(Press 1 for Veterans Crisis Line)

Online Crisis Chat

NSPL Crisis Chat:

Suicidepreventionlifeline.org 24/7

Contact’s Crisis Chat:

Contactsyracuse.org

(see website for hours)

Suicide prevention education: Speak up about suicide and depression.

Help create a suicide-safer community by becoming more informed about suicide and mental health. Learn how you can support people in your life and help decrease the stigma of suicide and mental health concerns.

Introductory classes teach you to recognize warning signs, respond in a supportive manner and connect a person with a trained professional or community resource. **QPR** (Question, Persuade, Refer) is only 90 minutes and **safeTALK** is only two and a half hours.

More intensive training, such as the 12-hour **Applied Suicide Intervention Skills Training** (ASIST), teaches risk assessment, intervention and development of a safety plan for people at high or immediate risk of suicide.

Mental Health First Aid, and **Youth Mental Health First Aid** deal with common adult or youth mental health issues and how to provide support. Each is eight hours.



Suicide prevention for schools: Let’s talk about reducing student risk.

Contact Community Services is available to help schools develop their suicide prevention, intervention and postvention plans. We use the Creating Suicide Safety in Schools Workshop, developed by the NYS Office of Mental Health. Topics include policies and procedures; staff training; promotion of student protective factors; identification, assessment and intervention with youth at risk; local suicide resources and response following a suicide.

Call to talk about which class is best for you or to schedule a training for your workplace, organization or school:

315-251-1400.

Contact can also provide suicide awareness programming for youth in middle school and high school. Many local high schools also house Contact’s Student Assistance Program counselors who provide on-site counseling for substance use and abuse, depression and other issues.

