



Tiffany's Thoughts

Here at SPCS, we are grateful for donors like you who support the work of our trained Crisis Counselors to engage in conversations with those who reach out for support, often at the most dire points in their life. Through active listening and non-judgmental empathy, we are able to support individuals in keeping safe, right where they are. We listen, safety plan, and foster connections with partners in the community to work together in safety. Thank you for supporting this work, and for supporting our mission.

With Gratitude,
Tiffany Bloss
Executive Director

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Q1 at a Glance

We are always striving to meet the needs of our community; you can see how our call center's reach has grown:

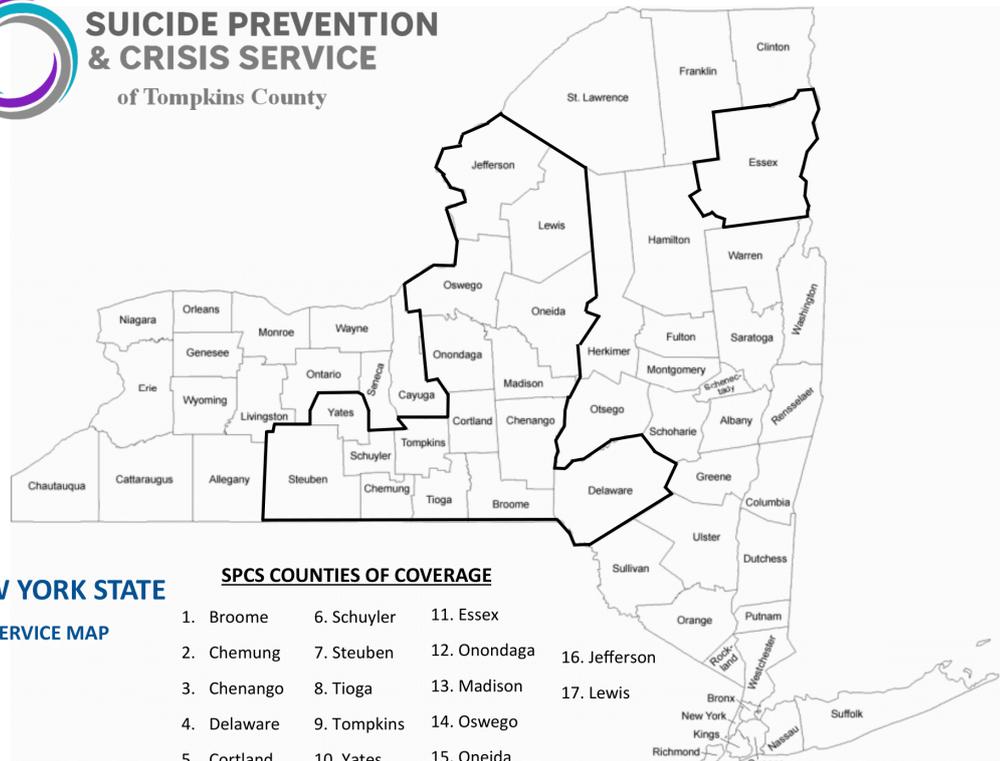
2023 Q1 Contacts: 1,835
2024 Q1 Contacts: 5,990

Educating our community is important to us. Check out how many people have gained suicide prevention skills:

2023 Q1 Trainees: 23
2024 Q1 Trainees: 122



SUICIDE PREVENTION & CRISIS SERVICE
of Tompkins County





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SPCS Quarterly

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Q1 Issue

VOLUNTEERS NEEDED ON THE 24/7 ITHACA WARM LINE

Suicide and crisis prevention efforts come in many forms. Through the Ithaca Warm Line, we aim to meet the needs of our community by providing crucial social connection of our community before loneliness or isolation can lead to crises. To learn more or to register for training, please email blosst@ithacacrisis.org.

UPCOMING TRAINING:
May 18th 10am - 3:30pm

Training is in-person in downtown Ithaca.
Please reach out to blosst@ithacacrisis.org if interested.

Finding Strength Together

A no-cost support group for those who are Survivors of Suicide Loss. Come together with others who have a sense of what your journey is like. Find strength in connection, sharing and support.

Fourth Wednesday Every Month

For more information or to register, please call 607.272.1505

DID YOU KNOW?

Often times, someone thinking about suicide will display signs that those thoughts are present.

Below are just a few to be mindful of:

- Little hope that things will get better
- Self hate or difficulty accepting self
- Believing family or friends may be better off without them

Need to talk? Concerned for a loved one?

988 is here for you 24/7.

Call or text 988.

988
SUICIDE
& CRISIS
LIFELINE

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