



Tiffany's Thoughts

Mental health and suicide awareness are at the forefront of the work we are doing on a daily basis in your community. We are working hard to break down the stigma and support individuals in becoming more aware of when someone may have thoughts of suicide, more comfortable in asking about suicide, and learning how to connect that individual with someone who can support them in safety-for-now.

We need to talk about suicide. We are grateful that so many continue to reach out for educational opportunities and awareness. This work is important. It allows us to save lives. How comfortable are you with having this discussion? We are here to answer your questions and support you. We welcome you to reach out and join us at one of our workshops. It can be the difference between life and death for someone you care about.

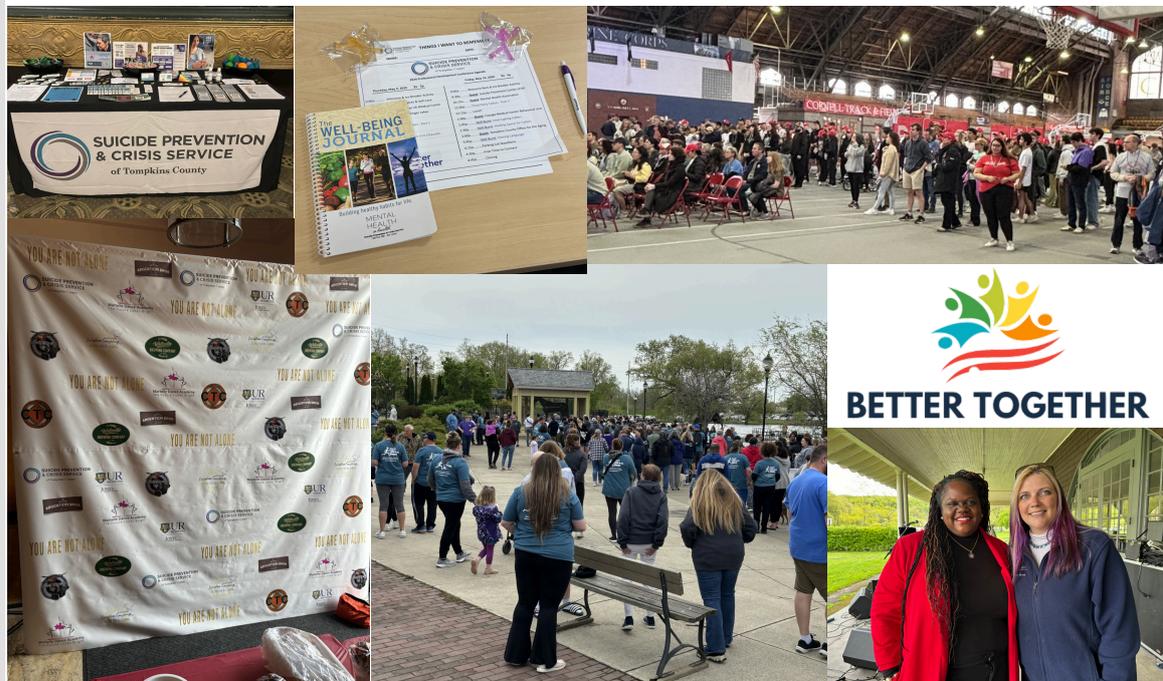
With Gratitude,
Tiffany Bloss
Executive Director

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May Snapshot: Mental Health Awareness Month

While we aim to raise awareness and provide educational opportunities year-round, May is an especially busy month! Take a look at SPCS out and about in our community:



BETTER TOGETHER

Q2 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 Q2 Contacts: 3,222
2024 Q2 Contacts: 6,353

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

2023 Q2 Attendees: 39
2024 Q2 Attendees: 149



**SUICIDE PREVENTION
& CRISIS SERVICE**

of Tompkins County

SPCS Quarterly

July 2, 2024 Q2 Issue



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LGBTQ+
Peer SupportLine

SPCS is proud to announce a brand new line coming soon to our call center! You deserve support. You deserve connection. We are here for you. Talk to us, day or night. You'll be connected to a trained Counselor who is a member of the LGBTQ+ Community that can answer questions, be a non-judgmental ear to listen, share lived experience, and/or support you when you are in crisis or having thoughts of suicide.

We are here for you. You are safe with us.

No Cost - Confidential - Safe - Nationwide Support

Now hiring for counselors!

For more information, visit www.ithacacrisis.org

Trainings & Workshops: Summer Sessions

We at SPCS are grateful for the opportunity to provide no-cost trainings and workshops to our community. Consider signing up:

 **ASIST** July 18 & 19, 8:30a - 4:30p

Two-day workshop in suicide intervention skills



July 30, 9a - 12p

Half-day training in LGBTQ+ allyship



safeTALK August 8, 9a - 12p

Half-day training in suicide alertness skills

For more information or to register, call 607.272.1505 or email blosst@ithacacrisis.org.

Follow Us!

Click the Facebook icon below and follow us for the latest updates on upcoming events, trainings, and workshops!

DID YOU KNOW?

The language we use to talk about suicide can make an impact on our community.

Consider these small tweaks:

- “Died by suicide” instead of “committed suicide”
- “Previous attempt” instead of “failed attempt”

Need to talk?
Concerned for a loved one?
988 is here for you 24/7.
Call or text 988.

988
SUICIDE
& CRISIS
LIFELINE



Feeling generous?
Scan the QR code
or head to
www.ithacacrisis.org
to offer your support!

