



Tiffany's Thoughts

National Suicide Prevention Month is in September each year but our work continues all day, every day of the year. We are focused on educating more individuals about how to talk about suicide and being here for those who need support in those moments of heightened emotions and crisis. We are able to continue this work because of you. Thank you for your unwavering support.

With Gratitude,
Tiffany Bloss
Executive Director

IN THIS ISSUE:

- 2024 Quarter 3 at a Glance
- September Snapshot
- We had A 70's Disco Party!
- Upcoming Trainings & Workshops
- Follow Us!
- Did you know...?
- Youth Mental Health & Wellness Town Hall

Q3 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 Q3 Contacts: 4,498
2024 Q3 Contacts: 6,585

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

2023 Q3 Attendees: 68
2024 Q3 Attendees: 136

September Snapshot: National Suicide Prevention Month

Of all the months in the year, September will always be our busiest! Take a look at SPCS out and about in our community:





SUICIDE PREVENTION & CRISIS SERVICE

of Tompkins County

SPCS Quarterly

October 3, 2024

Q3 Issue



To everyone who attended this incredibly groovy night, we thank you!

Trainings & Workshops: Fall Sessions

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



safeTALK

October 7, 9a - 12p

Half-day training in suicide alertness skills



ASIST

October 28 & 29, 8:30a - 4:30p

Two-day workshop in suicide intervention skills

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

Follow Us!

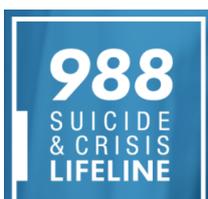
Click the Facebook icon below for updates!

Need to talk?

Concerned for a loved one?

988 is here for you 24/7.

Call or text 988.



DID YOU KNOW?

988 Georouting is finally here! Previously, 988 calls were directed to call centers based on the area code of the caller.

Beginning this Fall, 988 calls will be directed to a crisis call center near the physical location of the caller!

Youth Mental Health & Wellness Town Hall



Taking place Saturday, Oct. 5th from 12:30-3:30pm, scan the QR code to learn more or register!

Feeling generous?

Scan the QR code

or head to

www.ithacacrisis.org

to offer your support!

