



CONCERNED ABOUT A FAMILY MEMBER OR FRIEND?

ARE THEY SUICIDAL?

- Depressed, angry, impulsive?
- Going through a relationship break-up, legal trouble, or other setback?
- Using drugs or alcohol more?
- Withdrawing from things they used to enjoy?
- Talking about being better off dead?
- Losing hope?
- Acting reckless?
- Feeling trapped?

- Suicides in Putnam County are increasing at an alarming rate. In the past two years, suicides more than tripled compared to previous years.
- Suicide is the 11th leading cause of death among Americans, and every year more than 33,000 people end their own lives.

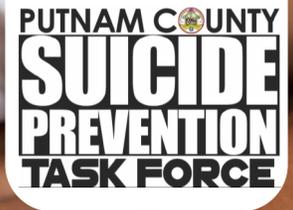
HOPE : GIVING PEOPLE THE TOOLS TO SAVE LIVES

Don't give them the means

- Keep medication locked, count regularly & dispose properly of medication you no longer need.
- Keep firearms locked and away from ammunition.
- For other ways to help, call the national suicide prevention lifeline: 1.800.273.TALK [8255] or the Putnam County Crisis Hotline: 845-225-1222
- <http://www.putnamcountyny.com/suicidetaskforce/>

Download the Free Putnam County Cares App for Android and Apple devices and click on S.P.E.A.K





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- Drug overdose/poisoning (including carbon monoxide) is the third leading cause of suicide deaths in Putnam county- mirroring national statistics that approximately 16% of successful suicides result from overdose.

Source: American Foundation for Suicide Prevention (www.afsp.org)

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PUTNAM COUNTY
**SUICIDE
PREVENTION
TASK FORCE**



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- 62% of suicide deaths in Putnam County resulted from a gunshot, confirming national data that firearms are the most frequently used and are more deadly than with other methods.

HOPE : GIVING PEOPLE THE TOOLS TO SAVE LIVES

Be responsible, means matters

- **Keep guns locked.**
- **Putting time and distance between a suicidal person and a gun may save a life. Contact your local police department for safe storage of your weapons.**
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