

A MESSAGE OF HOPE

My name is Kathleen. I am a suicide survivor. Years ago if you met me you'd think I had it all: a picture-perfect family with a husband and three great children, a beautiful house and a successful business.

What you couldn't see was my fight with de-pression and anxiety. For years I just went through the motions, pretending to be the "perfect mom." I went to countless psychiatrists and therapists who prescribed drugs and therapy. I was hospitalized nine times. Nothing helped.

I was in the darkest place: angry, irrational and desperate to stop the pain. I meticulously planned my suicide. I mixed drugs and alcohol and waited to die.

After five days in a coma, I woke up on Thanksgiving Day surrounded by my husband and kids. For the first time in years, I was filled with feelings of hope and courage. This time I knew there was a light at the end of the tunnel, even if I couldn't see it yet.

There is hope for all of us who think about or attempt suicide. Peer support is critical to recovery. It's important to have a safe place to talk without fear of hospitalization, without guilt and without shame. To explore suicide while it's an idea, before it becomes a plan.

We are people, not just patients. We remind ourselves and each other that we can live outside our diagnoses and move forward with our lives; and that the people we love and things we enjoy doing are still here and waiting for us.

FURTHER INFORMATION

Our Mission:

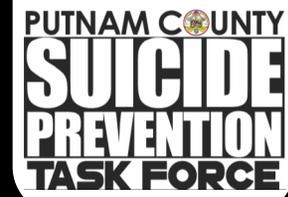
The Putnam County Suicide Prevention Task Force is dedicated to partnering and collaborating with community members, public and private agencies in Putnam to develop and implement suicide prevention, intervention, education and postvention strategies for preventing suicide.

**National Suicide Prevention Lifeline:
1-800-273-TALK (8255)**

**Putnam County Crisis Hotline:
845-225-1222**

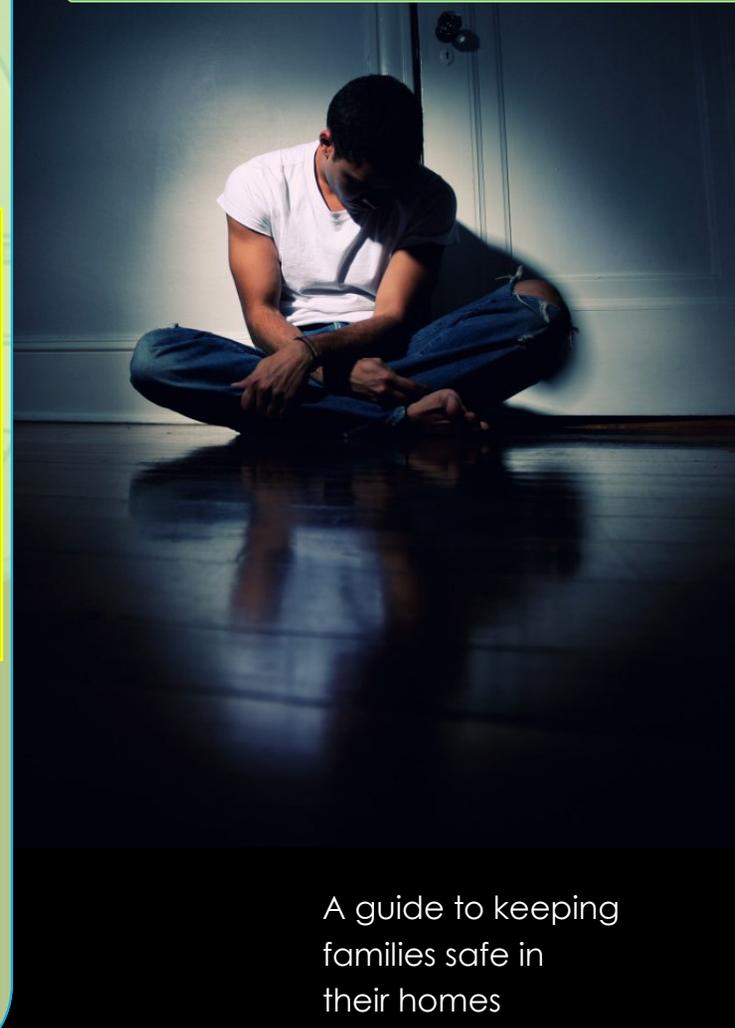
<http://www.putnamcountyny.com/suicidetaskforce/>

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



HOPE

GIVING PEOPLE THE TOOLS TO SAVE LIVES



A guide to keeping families safe in their homes

IF THERE IS AN EMERGENCY DIAL 911

Here are some Suicide Prevention Tools *Your family can use*

EVEN IF YOU THINK SOMEONE IS NOT AT RISK FOR SUICIDE, WHY TAKE CHANCES? THESE SIMPLE STEPS CAN HELP YOU MAKE YOUR HOME SUICIDE-SAFER AND POSSIBLY SAVE A LIFE

Is your home suicide-safe?

• Means Reductions

- ◇ Keep fire arms locked and away from ammunition
- ◇ Keep medication locked, count regularly & dispose properly of medication you no longer need

• Provide Support

- ◇ Pay attention to moods & behavior and if any significant changes, ask if they are thinking about suicide
- ◇ Keep an open dialogue

SUPPORT: LISTEN AND ASK.

FACT: MILLIONS OF PEOPLE SERIOUSLY CONSIDER ATTEMPTING SUICIDE EVERY YEAR.



MEDICATIONS: LOCK & LIMIT.

FACT: TEENS WHO ATTEMPT SUICIDE USE MEDICATIONS MORE THAN ANY OTHER METHOD



FIRE ARMS: LOCK UP.

FACT: FIREARMS ARE USED IN THE MAJORITY OF SUICIDE DEATHS



POST THESE NUMBERS ON YOUR FRIDGE

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