Introducing to you...
A suicide and warning prevention app for your smart phone.

Information if you need help or if you know someone who does.
Warning Signs, What to Say, Help for Veterans, Teens/Young Adults and Adults, Resources, Contacts and Assessments
Available through iTunes and Google Play stores.

The Albany County Suicide Prevention Education Committee (SPEC) is an active coalition with diverse membership dedicated to promote community wide suicide awareness, education and prevention.

Mission Statement
Work towards ending suicide by providing coordinated services, awareness, education and hope for residents at risk and impacted by suicide in Albany County.

Values
End stigma, shame and blame by supporting worth, dignity and inspiring hope. Encourage collaboration across service agencies and community based organizations.

Albany County does not discriminate on the basis of race, religion, color, national origin, sex, gender, age, gender identity or expression, sexual orientation, disability, genetic information, veteran status or marital status in its programs and activities.

Daniel P. McCoy
Albany County Executive

Albany County SPEC
Suicide Prevention Education Committee

ALBANY COUNTY Cares about our health
Reality:
The Facts in Albany County

- There have been 206 documented suicides in the County during the last 5 years.
- Suicide rate for men is nearly 4 times the rate for women.
- Albany County has a higher rate of suicide for men ages 45 - 64.
- Albany County averages 44 suicides annually.

Warning Signs and Symptoms:

- Expressing no hope for the future.
- Expressing self-hatred.
- Withdrawing from others.
- Sudden mood swings.
- Changes in behaviors such as eating and sleeping.
- Increase in alcohol or drug use.
- Fighting with family or friends.
- Expressing a suicide plan.
- Giving belongings away.

Local and National Resources:

- Emergency Assistance 911

- Nations Suicide Prevention Lifeline 1-800-273-TALK (8255)

- Albany County Department of Mental Health (518) 447-4555

- Albany County Department for Children, Youth and Families (518) 447-4550

- Capital District Psychiatric Center (518) 549-6500

- Albany County Mobile Crisis Team (518) 549-6500

- Child and Adolescent Mobile Crisis Team (518) 447-4550 (518)549-6500

Suicide is Preventable!

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