



## **News and Update on Suicide Prevention** **Lee-Ellen Marvin, Director of Education**

### **Columbia Suicide Severity Ratings Scale**

[cssrs.columbia.edu](http://cssrs.columbia.edu)

This assessment tool for both mental health professionals and non-professionals provides organizations such as schools, doctors' offices, mental health clinics, hospitals, and others to determine who is at risk for suicide. The tool screens for suicide ideation as well as prior and current behaviors. A thirty-minute on-line training module explains the principles behind the tool as well as how to use it; several different versions are available, including a brief screening appropriate for first responders.

### **Safety Planning and Brief Intervention**

[suicidesafetyplan.com](http://suicidesafetyplan.com)

The Safety Plan is a written, prioritized list of coping strategies and resources for reducing suicide risk. It is a prevention tool that is designed to help those who struggle with their suicidal thoughts and urges to survive.

### **Zero Suicide Initiative**

[zerosuicide.sprc.org](http://zerosuicide.sprc.org)

Zero Suicide is a key concept of the 2012 National Strategy for Suicide Prevention, a priority of the National Action Alliance for Suicide Prevention (Action Alliance), a project of Education Development Center's Suicide Prevention Resource Center (SPRC), and supported by the Substance Abuse and Mental Health Services Administration (SAMHSA). The foundational belief of Zero Suicide is that suicide deaths for individuals under care within health and behavioral health systems are preventable. It presents both a bold goal and an aspirational challenge.

Learn about the services of Suicide Prevention & Crisis Service at: [IthacaCrisis.org](http://IthacaCrisis.org)

Get help from a compassionate listeners at 607-272-1616 or 800-273-TALK

Or, The Chat with sms text messaging at 607-269-4500 M-F, 6 to 9 pm

**94%** callers who agreed to call the Crisisline before acting on thoughts of suicide.

**4990** times the phone rang

**3703** times we helped people

**267** callers who helped others

**20%** callers with thoughts of suicide

**Why people called:**

**71%** mental health  
**22%** life challenges  
**3%** medical problems  
**2%** substance abuse  
**2%** violence

**Ages of the callers:**

**11%** from 13 to 23  
**27%** from 24 to 29  
**34%** from 40 to 60  
**14%** 61 and older

**2015 Numbers for the Crisisline**