

EDUCATION

QPR

Question, Persuade, & Refer

MHFA

Mental Health First Aid

YMHFA

Youth Mental Health First Aid

ASIST

Applied Suicide Intervention Skills Training

There is hope.



CONTACT US:

Community Suicide Prevention

3270 E. 17th St. #139 Ammon, ID 83406

208-243-9411

Communitysuicideprevention@gmail.com

Communitysuicidepreventionid.org



KNOW THE WARNING SIGNS

- Making threats of suicide
- Talking or writing about suicide
- Isolation or withdrawal from family, friends, activities, etc.
- Agitation, especially combined with sleeplessness
- Previous suicide attempt
- Seeking methods to kill oneself
- Feeling hopeless or like a burden
- Unexplained anger, aggression, or irritability
- Recent loss of family member or friend through divorce, suicide, or other death
- Changes in eating, sleeping, personal care or other patterns
- Increased drug or alcohol abuse
- No longer interested in favorite activities or hobbies

WHAT YOU CAN DO

- ◆ Ask "Are you thinking about suicide?"
- ◆ Be supportive and caring
- ◆ Listen non-judgmentally
- ◆ Acknowledge feelings
- ◆ Give reassurance and hope
- ◆ Give the 988 number

If you or someone you know is struggling or in crisis, help is available. Call or text

988

Or chat [988lifeline.org](https://www.988lifeline.org)
Idaho Crisis and Suicide Hotline

COMMUNITY SUICIDE PREVENTION

Serving Southeastern Idaho



Community
Suicide
Prevention

Illuminating a Path to Hope

Community Suicide Prevention is the leading local non-profit organization in Eastern Idaho dedicated to all areas of suicide awareness, prevention, and loss survivor support.

WHAT WE DO

- Provide Survivor Packets, sponsor activities, & events for those who have lost someone to suicide.
- Organize awareness campaigns to remove the stigma & myths of suicide.
- Aid schools in publishing effective suicide prevention strategies.
- Work with volunteers & mental health providers so we may better assist suicide loss survivors.
- Work to educate the media on how to report a suicide, respond to inquiries, & provide interviews.
- Support the Idaho Suicide Prevention Program.
- Develop and distribute local resource material as well as Hotline material.
- Provide training & presentations in the community.



OUR MISSION

To reduce suicide in Southeastern Idaho through advocacy, collaboration, and education in best practices. By creating awareness, we believe prevention will follow.

VOLUNTEERS NEEDED

This is your community. Community Suicide Prevention is your organization. The only requirement to volunteer is that you care.

We are all volunteers.

Our work is funded entirely by community donations.

*Thank you for
your support!*

MEETINGS

Community Meetings

Your Voice Matters!

Everyone is Welcome!

First Thursday every month

12 PM to 1 PM

Lunch is provided

CEI 1600 S 25th E. Idaho Falls

Website:

communitysuicidepreventionid.org

Facebook: [cspseastidaho](https://www.facebook.com/cspseastidaho)

Survivors of Suicide Loss Support Groups for ages 16 and up

Idaho Falls

First Thursday every month

7PM

Idaho Falls Public Library

457 W. Broadway, Idaho Falls

208-716-1231

Pocatello

Third Tuesday every month

6:30 to 8:00 PM

Marshall Public Library

113 S. Garfield Ave.

Pocatello, Idaho

208-241-8496