

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.

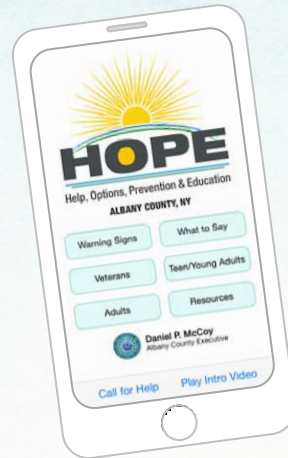
Values

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



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.

ALBANY COUNTY
Cares about our health



Daniel P. McCoy
Albany County Executive

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.



Albany County

SPEC

Suicide Prevention Education Committee



Reality: The Facts in Albany County

▼
There have been **206** documented suicides in the County during the last **5 years**.

▼
Albany County has a higher rate of suicide for men ages **45 - 64**.

▼
Suicide rate for men is nearly **4 times** the rate for women.

▼
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!

