

About Suicide

Like many other health conditions, suicide is generally preventable. Research has shown that *suicidality* is a diagnosable and treatable mental health condition. Suicide shares risk factors with substance abuse, bullying and harassment, traumatic events (including sexual abuse, violence, post-traumatic stress), as well as other mental health and societal conditions. To the degree that community members, providers and consumers of mental health services, and institutions can be actively involved in learning about, implementing, and providing suicide prevention activities, we can all help to prevent suicide.

That's our goal at VTSPC.

About VTSPC

The Vermont Suicide Prevention Center (VTSPC) is a statewide resource fostering a sustainable approach to suicide prevention in Vermont. Under the advisement of the Vermont Suicide Prevention Coalition, the VTSPC's mission is to create health-promoting communities in which schools, educational institutions, public and private agencies, and people of all ages and backgrounds have the knowledge, attitudes, skills and resources to reduce the risk of suicide.

VTSPC supports statewide suicide prevention efforts and helps local communities implement recommendations of the Vermont Suicide Prevention Platform, applying data-driven, evidence-based practices.

Our Coalition

The Vermont Suicide Prevention Coalition consists of over 70 representatives from public health, education, state agencies, suicide prevention advocacy groups, youth leadership, mental health services and survivors throughout the state. The Coalition meets quarterly. If you would like to be involved in the coalition, please contact us so you can be added to our mailing list.



The Vermont Suicide Prevention Center is a program of the Center for Health and Learning located in Brattleboro, Vermont, a non-profit 501(c)3 organization. VTSPC is supported by public and private funding, and by the generous donations of people like you.

**If you would like to
make a donation to support
this important work**

please go to our website

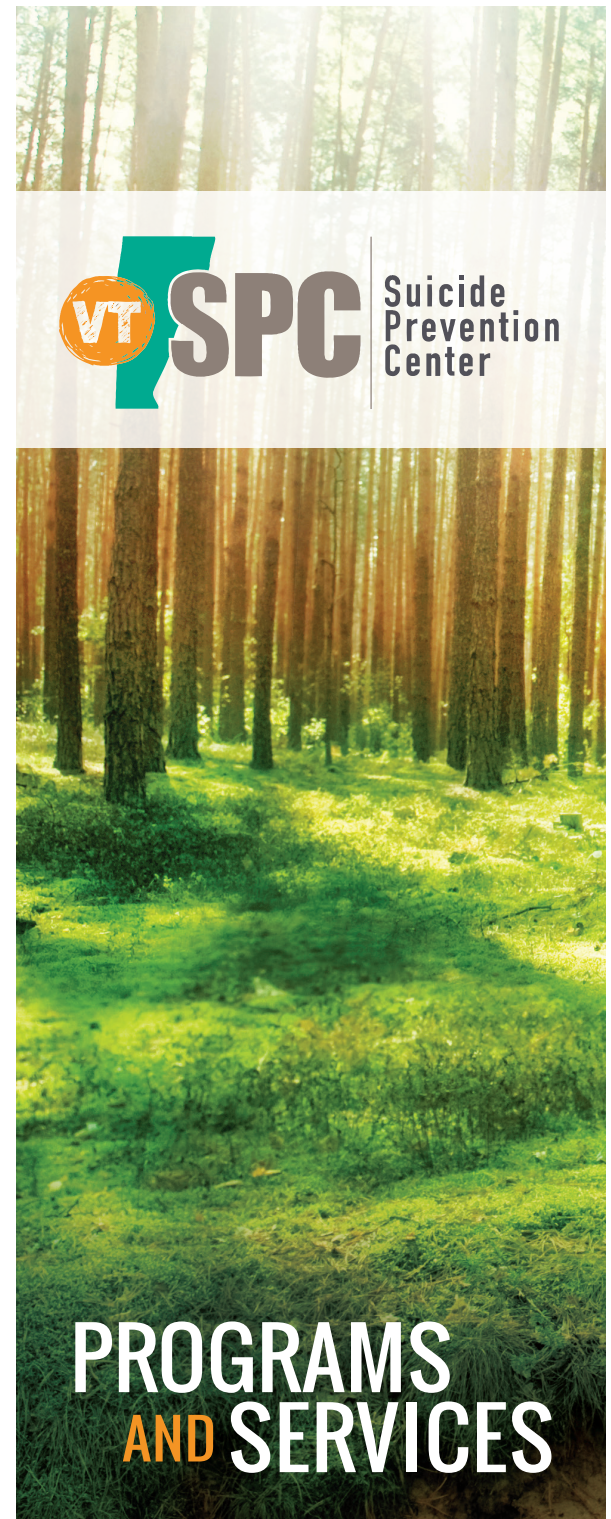
www.vtspc.org

or call us at

802.254.6590



The Vermont Suicide Prevention Center
28 Vernon Street # 319, Brattleboro, VT 05301
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Our Mission

TO CREATE health-promoting resilient communities in Vermont and the region in which schools, organizations, public and private agencies, and people of all ages have the knowledge, attitudes, skills and resources to reduce the risks and impacts of suicide.

TO SUPPORT state wide and regional suicide prevention efforts, and assist local communities in implementing the *Vermont Suicide Prevention Platform* recommendations, using data-driven, evidence-based practices and programs.

Our Work

- Promotes mental health and emotional resilience in Vermont through collaborations involving public education and statewide prevention policies.
- Cultivates strong regional, state and local leadership for suicide prevention and intervention in education, health care and social services.
- Involves youth and adults in suicide prevention activities, including public education for developing coping skills and help-seeking behaviors.
- Equips youth and adult gatekeepers with the knowledge and skills necessary to respond effectively to signs of distress, and intervene with those showing warning signs of suicide.
- Teaches strategies for early identification of mental health conditions and builds pathways for care and recovery.
- Encourages access to primary care and mental health services providing effective intervention, treatment and follow-up.
- Supports the use of data and personal stories to inform suicide prevention in Vermont.
- Provides strategic tools for developing suicide prevention programs, implementing interventions, and promoting policies to prevent suicide.

Support, Development, Training, Implementation & Evaluation for:

- Zero Suicide Safer Pathways, Suicide Prevention, & Postvention Programming
- Suicide Prevention and Postvention Protocols for School & Community Professionals
- *Umatter* School Policies, Programs, Protocols, Media & Curriculum
- Alcohol, Tobacco and Other Drug Education & Programming
- Mental Health Awareness, Evaluation & Intervention
- Culturally Appropriate Prevention Programs
- Upstream Mental Health Promotion
- Public Service Information, Conferences, Symposiums, Media & Awareness

Our Clients

- Educators and School Health Professionals
- Health Care and Mental Health Service Professionals
- Social Service Professionals
- First Responders
- Faith Communities
- Community Coalitions
- Legislators and State Representatives
- Special Interest Groups
- Youth and Young Adult Adults
- Workforce



The Vermont Suicide Prevention Advisory Group

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Survivor and Board Chair
American Foundation for Suicide Prevention, Vermont Chapter

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