

Mission Statement

To raise awareness about suicide prevention and promote emotional wellness in Herkimer County through education, training and resource development.



Contact us :

☎ (315) 732-6228

🌐 www.neighborhoodctr.org

📍 Corporate address:
624 Elizabeth Street, Utica, NY 13501

Talk to Someone Now

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the **988 Lifeline network is available 24/7 across the United States.**

The 988 Lifeline is available for everyone, is free, and confidential.

See below for additional crisis services and hotlines.

**Herkimer County Department of
Mental Health
(315) 867-1465
Available week days**

**Mobile Crisis Assessment Team
(315) 732-6228 or
(844) 732-6228**

**988 Suicide & Crisis Lifeline
Call or Text 988**

**988 Lifeline Options for Deaf &
Hard of Hearing
Dial 711 then 988**

**Veterans Crisis Line
Dial 988, press 1**

Herkimer County Suicide Prevention Coalition

*A collaboration between
The Neighborhood Center, Inc. and
Herkimer County community
partners.*



Know the Risk Factors



Risk factors are characteristics that make it more likely that someone will consider, attempt or die by suicide. They include:

- Mental Illness
- Substance use disorders
- Feelings of helplessness or hopelessness
- Perceived burden on others
- Close history of suicide
- Recent losses or traumatic events
- Easy access to lethal means
- Lack of supports and access to resources

These factors cannot cause or predict a suicide, but It's important to be aware of:

Know the Warning Signs

Some warning signs may help you to determine if a loved one is at risk for suicide. If you or someone you know exhibits any of these signs, reach out or help them seek help!

- Talking about wanting to die or end their life
- Researching suicide
- Making preparations to end their life
- Expressing hopelessness, helplessness or lack of desire to live
- Changes in someone's "typical" behaviors or activities
- Social isolation or withdrawal



Have the Conversation

These steps can help others to find hope and support:

- Ask – Open the conversation to loved ones about suicide and help remind them it is okay to not feel okay.
- Be There – Being physically and emotionally present can show your support for loved ones.
- Help Them Connect – Inform loved ones about the resources available to help them!

Suicide can impact anyone. Knowledge and empathy can help break down the stigma around suicide.

Be a part of the change!

For additional information on available community resources, training and support please contact:

hcsuicidepreventioncoalition@neighborhoodctr.org