Most residents of Delaware County are unaware that at least 45 to 60 confirmed suicides occur every year in this county. No one is immune to suicide. It occurs across all race, gender, economic, social, ethnic, and age boundaries, and it almost always comes as a shock to bereaved loved ones and to the community.

In 2002, a group of county residents who had lost someone close to suicide decided that more should be done to spare others this tragedy. They founded the Delaware County Suicide Prevention & Awareness Task Force and asked others in the county to join them in their effort to tell the community the truth about suicide and suicide loss and to eliminate the stigma associated with suicide. The Task Force continues to carry out this effort by providing education, resources and support.

DCSPATF exists to
- Dispel myths and stigma that create barriers that keep people from seeking help and further complicate the grieving process of those experiencing a suicide loss
- Disseminate accurate information about the trends and reasons why suicide occurs and raise awareness that this is a preventable community-wide problem
- Educate the community about suicide prevention and postvention using evidence-based programs
- Ensure appropriate support is available and accessible in a timely manner following a suicide

Survivors of a suicide loss not only experience grief that ordinarily accompanies death, but often struggle with stigma, guilt and shame.

As 90% of individuals who complete suicide have a diagnosable mental illness, accessible mental health services is an important preventative measure.

Sources and statistics cited: National Institute of Mental Health, National Center for Health Statistics, U.S. Centers for Disease Control, U.S. Department of Health and Human Services, World Health Organization, Delaware County Coroner’s Office
SUICIDE CAN BE PREVENTABLE through awareness, education and training

You can help

- Learn common risk factors and warning signs
- Understand the effects of stigma and speak out against it
- If someone talks about suicide, don’t be afraid to get involved and trust your instincts - If you think a person needs it, help them get help
- Give hope that recovery from mental illness is possible
- If you have concerns, ask the person if they are feeling suicidal and if they have a plan. Silence can be deadly!
- Keep local crisis #s handy or call 911
- Help yourself by staying healthy; physically and mentally
- Help strengthen protective factors and add new ones
- If you experience signs of depression, get help right away
- Get involved in suicide prevention in your community

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Delaware County Suicide Prevention & Awareness Task Force

Suicide is a community-wide, preventable health problem

LET’S TALK ABOUT IT !

Why talk about suicide

- More people die by suicide than homicide
- In the past 5 years, suicide has claimed more lives than AIDS
- It is the 11th leading cause of death in this country, the 3rd among teenagers, and the 2nd among college students
- Over 31,000 Americans complete suicide every year with an estimated 500,000 individuals making suicide attempts
- A 60% increase in completed suicides has occurred worldwide within the last 45 years
- 65% of completed suicides use a firearm
- 75% of suicides give some warning of their intentions to a friend or family member before they act

Suicide prevention is everybody’s business

NOW LET’S TALK ABOUT IT! With our friends, family, neighbors, colleagues ...

For more information visit: www.delcosuicideprevention.org