

Hotlines for Help

If you or someone you know needs help please reach out for support. Below is a list of resources that may be beneficial to students who are facing challenges.

National Suicide Prevention Lifeline	1-800-273-8255 A trained confidential crisis Counselor will work with you for free 24/7
National Suicide Prevention Crisis Text Line	Text TALK to 741-741 A trained confidential Crisis Counselor will work with you for free 24/7
Suicide Prevention Lifeline Online Chat A trained Crisis Counselor will work with you for free 24/7	https://suicidepreventionlifeline.org/chat/ You will be asked to complete a short survey and then be connected to a trained Crisis Counselor. There may be a wait time to connect, if you cannot wait please call the Lifeline Listed above.
Delaware County Mobile Crisis Assessment Team	(315) 732-6228 or (844) 732-6228 A trained Mobile Crisis unit will come to you 24/7
WCM Health Alliance: Margaretville Mental Hospital Mental Health Program Ellen Stewart	(845) 586-4332 (607) 326- 4151 ext. 2247 wstewart@hahv.org
Delaware County Mental Health Clinic (Children's Clinic)	(607) 832-5889
Delaware County Mental Health Clinic (Adult's Clinic)	(607) 832-5888
Meghan McCaffrey: School Counselor Anya Schmiedel: School Psychologist	mccaffreym@roxburycsd.org schmiedela@roxburycsd.org
Sheriff's Department	(607) 832-5555

Recognizing Depression/ Suicide Warning Signs

- **Depression** – is a treatable illness and a major risk factor for Suicide. Certain thoughts and feelings can be signals to let you know that you may need help, such as:
 - Feelings of worthlessness and guilt
 - Feeling sad or blue most days
 - Losing interest in things you once enjoyed
 - Difficulty sleeping or Sleeping too much
 - Eating more or less than normal
 - Feeling tired, weak or low on energy
 - Crying more than normal
 - Feeling restless and unable to remain still.
- **Suicide** - is not a mental illness in itself but a serious potential consequence of mental health concerns, particularly depression.
 - **Excessive sadness or moodiness** - long lasting sadness and changes in mood can be symptoms of depression
 - **Sudden calmness** - suddenly becoming calm after a period of depression or moodiness can be a sign that someone has made a decision to end their life.
 - **Withdrawal** - choosing to be alone and avoiding friends or social activities that the person previously enjoyed.
 - **Changes in personality and/or appearance** - a person who is thinking about suicide may have a change in their attitude or behavior such as speaking or moving with unusual speed or slowness. The person might also suddenly become less concerned with their appearance.
 - **Dangerous or Self-harmful behavior** – suddenly taking part in dangerous or risky behavior could indicate the person no longer caring about their life.
 - **Recent Trauma or Life Crisis** – a major life crisis might trigger a suicide attempt.
 - **Making preparations** – a person considering suicide will start to visit family and friends to say goodbye or give away personal belongings, or even cleaning their room so others do not have too.
 - **Threatening Suicide** – every threat of suicide should be taken seriously. Not all who are considering suicide will say so and not all who threaten will go through with it. However, if someone has threatened suicide it should be taken seriously and help should be contacted.