Did you know?

suicide facts

- Suicide is the 10th leading cause of death in Michigan in 2017. The overall suicide rate has risen 33% from 1999-2016.
- On average, one person dies by suicide every six hours in the state.
- More than four times as many people died by suicide in Michigan in 2017 than in alcohol related motor vehicle accidents.
- In Michigan, suicide was the second leading cause of death for ages 15-34, this rate has jumped nearly 50 percent in less than a decade.

Statistics provided by the American Foundation for Suicide Prevention.

THERE IS HOPE!

YOU can make a difference by learning how to recognize the signs of suicide, knowing what to do if someone is struggling in your life, and helping us spread awareness.

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3785 Veterans Drive
Traverse City, MI 49684
231 946 8975
231 946 0451 (fax)

Harbor Springs
3434 M-119, Suite F
Harbor Springs, MI 49740
231 347 4463
231 347 8823 (fax)

Pete’s Place Youth Shelter
2943 N. Keystone Rd.
Traverse City, MI 49686
231 922 4800
800 442 7315 (toll free, 24/7)

Gaylord Old Town Psychological
128 N. Court Avenue
Gaylord, MI 49735
989 448 8344

FIND US
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Facebook: @cfsnwmi
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Our child welfare, counseling, and shelter programs are accredited by CARF International, assuring the more than 2,500 businesses, individuals, and organizations who contributed to our work last year of our commitment to clinical, administrative, and fiscal excellence.

CHECK OUT OUR NEW WEBSITE!
Suicide Prevention and Community Education

When Third Level merged with CFS in 2014, we added a wealth of expertise and experience in community education trainings, especially in suicide prevention and crisis intervention. We are pleased to offer these training opportunities to you and/or your organization.

“Our community needs more of these trainings!”
-safeTalk participant

To learn more call Mickie Jannazzo at 231.946.8975 x1049 or visit https://www.cfsnwmi.org/suicide-prevention

SafeTALK

SafeTALK is a half-day alertness training that prepares anyone 15 or older, regardless of prior experience or training, to become a suicide-alert helper. SafeTALK prepares participants to:

- notice and respond to situations where suicide thoughts are present
- recognize that invitations to help are often overlooked
- move beyond the common tendency to miss, dismiss, and avoid suicide signs
- Apply to the TALK steps: Tell, Ask, Listen, and KeepSafe
- Know community resources and how to connect someone with thoughts of suicide for further help

ASIST

Applied Suicide Intervention Skills Training

ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants do not need any formal training to attend the workshop. Anyone 16 and older can learn to use the ASIST model.

- ASIST is an evidence based, two-day training designed for members of all caregiving groups.
- On-site training available, let us come to you!

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A variety of trainings are available and can be customized to meet your groups’ needs. Examples of training topics include:

- Understanding Suicide as a Public Health Concern
- De-escalation of Agitated Individuals
- Recognizing & Responding to Suicidal People
- Active Listening
- Have a specific need in your workplace or organization? We can help with that. Give us a call today.

Our services support the safety and well-being of children, youth, adults, and families in times of crisis, challenge, and life transition.

I feel much better and I learned a lot. I have to admit I wish I had known more about this. I lost a co-worker to suicide several years ago. If I had this training MAYBE I could have helped her.
- Melanie, ASIST participant

PASSION LED US HERE