

EDUCATION

QPR

Question, Persuade & Refer

MHFA

Mental Health First Aid

YMHFA

Youth Mental Health First Aid

ASIST

Applied Suicide Intervention
Skills Training

There is hope.



CONTACT US:

Community Suicide Prevention

3270 E. 17th St. #139

Ammon, ID 83406

208-243-9411 NOT A CRISIS LINE

communitysuicideprevention@gmail.com

communitysuicidepreventionid.org



Follow us on



KNOW THE WARNING SIGNS

- Making threats of suicide
- Talking or writing about suicide
- Isolation or withdrawal from family, friends, activities, etc.
- Previous suicide attempt
- Seeking methods to kill oneself
- Feeling hopeless or like a burden
- Unexplained anger, aggression, or irritability
- Recent loss of family member or friend through divorce, suicide or other death
- Changes in eating, sleeping, personal care or other patterns
- Increased drug or alcohol abuse
- No longer interested in favorite activities or hobbies

WHAT YOU CAN DO

- Ask “Are you thinking about suicide?”
- Be supportive and caring
- Listen non-judgmentally
- Acknowledge feelings
- Give reassurance and hope
- Connect them with a professional



COMMUNITY SUICIDE PREVENTION

Serving Eastern and
Southeastern Idaho



Community
Suicide
Prevention

ILLUMINATING A PATH TO HOPE

Community Suicide Prevention is the leading local non-profit organization in Eastern and Southeastern Idaho dedicated to all areas of suicide awareness, prevention, and loss survivor support.

WHAT WE DO

- Provide Survivor Packets, sponsor activities, & events for those who have lost someone to suicide.
- Organize awareness campaigns to remove the stigma & myths of suicide.
- Aid schools in publishing effective suicide prevention strategies.
- Work with volunteers & mental health providers so we may better assist suicide loss survivors.
- Work to educate the media on how to report a suicide, respond to inquiries, & provide interviews.
- Support the Idaho Suicide Prevention Program.
- Develop and distribute local resource material as well as Hotline material.
- Provide training & presentations in the community.



OUR MISSION

To reduce suicide in Eastern and Southeastern Idaho through advocacy, collaboration, and education.

VOLUNTEERS NEEDED

This is your community. Community Suicide Prevention is your organization. The only requirement to volunteer is that you care.

We are all volunteers.

Our work is funded entirely by community donations.

*Thank you for
your support!*

MEETINGS

Community Meetings

Your Voice Matters!
Everyone is Welcome!
First Thursday of every month
Lunch is provided
12:00 PM to 1:00 PM
Please see our Facebook for meeting location

Survivors of Suicide Loss Support Groups (for ages 16 and up)

Idaho Falls
First Thursday of every month
7:00 PM
Idaho Falls Public Library
457 W. Broadway, Idaho Falls
208-716-1231

Pocatello
Third Tuesday of every month
6:30 PM to 8:00 PM
Marshall Public Library
113 S. Garfield Ave., Pocatello
208-241-8496

24 HOUR CRISIS EMERGENCY

| | |
|-----------------------------------------------|--------------|
| Behavioral Health Crisis Center of East Idaho | 208-522-0727 |
| Southeast Idaho Behavioral Crisis Center | 208-909-5177 |
| Poison Control | 800-222-1222 |
| National Runaway Safeline | 800-786-2929 |
| National Human Trafficking Hotline | 888-373-7888 |
| Phoenix QRF Veterans & Family | 208-351-5410 |
| Idaho Child Protection Report Line | 855-552-5437 |
| Idaho Domestic Violence Hotline | 208-235-2412 |
| Teen & Child Crisis Center of East Idaho | 208-826-0994 |

HOSPITALS

| | |
|---------------------------------------|--------------|
| Eastern Idaho Regional Medical Ctr IF | 208-529-6111 |
| Bingham Memorial ER-Blackfoot | 208-785-4100 |
| Portneuf Medical Ctr-Pocatello | 208-239-1000 |
| Idaho Falls Community Hospital IF | 208-528-1000 |
| Madison Memorial Hospital-Rexburg | 208-359-6900 |

SUBSTANCE USE SERVICES

| | |
|----------------------|--------------|
| Alcoholics Anonymous | 208-235-1444 |
| Narcotics Anonymous | 208-557-9336 |
| Magellan | 855-202-0973 |

SUPPORT SERVICES & RESOURCES 211

| | |
|--------------------------------------------|--------------|
| Eastern Idaho Public Health | 208-522-0310 |
| Southeastern Idaho Public Health | 208-233-9080 |
| Region 7 Mental Health-IF | 208-528-5700 |
| Region 6 Mental Health-Pocatello | 208-234-7900 |
| Center for Hope | 208-538-1888 |
| Bingham Crisis Center | 208-785-1047 |
| Family Crisis Center Rexburg | 208-356-0065 |
| National Alliance on Mental Illness (NAMI) | 800-950-6264 |
| CYA, SPaRC Youth Assessments-IF | 208-926-6633 |

Card provided by communitysuicidepreventionid.org
208-243-9411 communitysuicideprevention@gmail.com



If you or someone you know is struggling or in crisis, help is available.

call or text

988

or chat [988lifeline.org](https://www.988lifeline.org)

Suicide Warning Signs

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Sleeping too little or too much
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings
- Preoccupation with death
- Suddenly happier, calmer
- Loss of interest in things one cares about
- Visiting or calling people to say goodbye



Survivors of Suicide Loss Support Groups

FOR AGES 16 AND ABOVE IN EASTERN IDAHO

NO COST TO PARTICIPATE



POCATELLO

Third Tuesday Every Month

6:30-8:00 PM

Marshall Public Library, Community Room

113 S Garfield Ave, Pocatello

This is a support group for adult survivors of suicide loss. This group provides a safe place where one can share experiences and grief with others who are walking on the same grief journey.

Sponsored by Community Suicide Prevention

For more information contact Jan Eastman 208-241-8496
communitysuicideprevention@gmail.com

IDAHO FALLS

First Thursday Every Month

7:00-8:30 PM

Idaho Falls Public Library, Room 4

457 W Broadway, Idaho Falls

Join us as we support each other and discuss ways the loss of our loved one can affect our lives. The purpose of this group is to provide information about the grief process, to share experiences, and to alleviate the feeling of isolation. This group is facilitated by certified loss trainers.

For more information 208-716-1231 communitysuicideprevention@gmail.com

ISU POCATELLO CAMPUS

This support group is for Idaho State University students, faculty, and staff.

Times are determined each semester.

For more information, times, and location

Please contact Sheryl Yee at yeesh@isu.edu

CSP Compassion Group

This is a group of volunteer survivors who are here to guide you to resources and offer you the support and understanding that comes from others who have walked this path. This group does not have meetings, but we are here to give support on an individual basis and to let you know that you are not alone.

Contact us at cspcompassiongroup@gmail.com or through CSP at 208-243-9411