

## Who Are We?

**A coalition of Floridians for the elimination of Suicide in our state.**

*The Coalition is organized for statewide initiatives to focus on public awareness, education and advocacy through cooperation and networking among organizations, agencies, media, individuals, surviving family members, attempters, and government.*

## What Do We Do?

**The MISSION of the FSPC is to collaborate to develop and implement suicide prevention, intervention, and postvention strategies and programs.**

To join our efforts or simply learn more about the coalition please contact:

Terry Smith: 386-446-4690 [tvss@pcf1.net](mailto:tvss@pcf1.net)

## Florida Suicide Prevention Coalition

### 2004 Activities

**Survivors of loved ones suicide and others from across the state came together in June 2002 to synergize efforts and thus have a greater impact on reducing the rate of suicide among Floridians. The Florida Suicide Prevention Coalition was born.**

**In September 2002, Governor Jeb Bush and his wife Columba, agreed to serve as Honorary Co-Chairs of the FSPC.**

### 2004 Goals

**Day at the Capitol – March 23, 2004. We will be asking our legislatures to assist us in reducing the rate of suicide in Florida.**

**Garner support to pass HB 0897 & SB 2042; To create a position for a Florida Suicide Prevention Coordinator and a coordinating Council.**



***44 Floridians die from suicide every week.***

**“KNOW THE SIGNS:  
SAVE A LIFE”**

#### Contact:

Florida Suicide Prevention Coalition  
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26 Cole Place  
Palm Coast, FL 32137  
386-446-4690

**[www.floridasuicideprevention.org](http://www.floridasuicideprevention.org)**

## Did You Know?

**Every 18 minutes an individual dies by suicide. Every 17 seconds, there is a suicide attempt in the U.S.**

**In 2002, Florida had more than twice as many individuals die by suicide (2,332) than by homicide (1,004).**

**Florida has the 2<sup>nd</sup> highest number of suicide of any state in the country.**

**Suicide is the 2<sup>nd</sup> leading cause of death for 25-34, 3<sup>rd</sup> leading for 15-24 and 5<sup>th</sup> for 5-14 and 35-54 ages in Florida.**

**Experts agree: Talking about suicide does not put the idea in someone's head. Speaking freely opens up communication lines and can result in a life being saved.**

## Common Warning Signs:

- Talks about suicide
- Changes in eating or sleeping habits
- Withdraws from friends and/or social activities
- Marked or noticeable changes in behavior
- Increases use of alcohol or drugs
- Giving away prized possessions
- Expressions of hopelessness/helplessness

## What To Do

**Take suicide threats seriously; listen, while being direct, open and honest in communication.**

**Take action. Remove means. Get help from persons or agencies specializing in crisis intervention and suicide prevention.**

## Be Aware of Feelings

**Many people, at some time in their lives, consider suicide. Most decide to live, because they eventually come to realize that the crisis is temporary. People in crisis sometimes perceive their dilemma as inescapable and feel an utter loss of control. These are some of the feelings they are experiencing:**

- Can't stop the pain
- Can't think clearly
- Can't see any way out
- Can't see a future without pain
- Can't see themselves as worthwhile
- Can't get out of depression

**If you experience these feelings *get help!* If someone you know exhibits these symptoms, *offer help!* For immediate suicide intervention, call**

Please send me more information regarding membership.

I would like to become a member for one year. (\$25.00 Individual or \$100 Corporate Membership)

I cannot become a member at this time, however, please accept my donation.

Enclosed is a check in the amount of

\$ \_\_\_\_\_.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone

**Mail to: FSPC, Attn. Valerie Smith, 26 Cole PL, Palm Coast, FL 32137**

**1-800-SUICIDE (784-2433)**