

TRAININGS OFFERED BY CAPE AND ISLANDS SUICIDE PREVENTION COALITION



Question, Persuade, Refer (QPR)

QPR stands for Question, Persuade, and Refer. People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.



The Connect Suicide Postvention Program

Using National Best Practice protocols, participants learn how to reduce the risk of contagion and create a comprehensive response plan in the event of a traumatic death.

safeTALK

safeTALK is training in suicide alertness skills to help people ask about suicide directly, connect others to life-saving resources and keep them safe until those resources take over.

ASIST

Applied Suicide Intervention Skills Training (ASIST) is a workshop where participants learn how to prevent suicide by recognizing signs, providing a skilled intervention, and developing a safety plan to keep someone alive.



Mental Health First Aid

Mental Health First Aid is a skills-based training course that helps people identify, understand and respond to mental health and substance use issues.

Please contact us at capeandislandspc@gmail.com if you are interested in a training for your school, community, workplace or agency

IF YOU OR SOMEONE YOU KNOW NEEDS SUPPORT NOW,
PLEASE SEEK HELP, AVAILABLE 24/7:

988 Suicide and Crisis Lifeline:

Call or text 988

Chat via <https://988lifeline.org/chat/>

Veterans Crisis Line:

Call 988 then Press 1

Text 838255

The TREVOR Project for LGBTQ youth:

Call 866-488-7386

Text 678-678

Chat via thetrevorproject.org/get-help/

MA Behavioral Health Help Line:

Call or text 833-773-2445

(real-time interpretation in 200+ languages)

Deaf or hard of hearing?

Contact MassRelay at 711, or use your video relay or caption provider of choice



Samaritans on Cape Cod and the Islands Crisis Line:

Call 508-548-8900

Martha's Vineyard Community Services Enhanced Urgent Care Program:

Call 508-693-0410

Fairwinds Nantucket Counseling Center Mental Health Crisis Response Hotline:

Call 508-221-3315

Bay Cove Behavioral Health & Wellness Center on Cape Cod:

Call 833-229-2683

There is hope.



**988 SUICIDE & CRISIS
LIFELINE**

Suicide is death caused by injuring oneself with the intent to die.

A **suicide attempt** is when someone harms themselves with any intent to end their life, but they do not die as a result of their actions.

Watch for warning signs, including:

- Talking about being a burden
- Being isolated
- Increased anxiety
- Talking about feeling trapped or in unbearable pain
- Increased substance use
- Looking for a way to access lethal means
- Increased anger or rage
- Extreme mood swings
- Expressing hopelessness
- Sleeping too little or too much
- Talking or posting about wanting to die
- Making plans for suicide

GENERAL MEMBERSHIP MEETINGS ALL ARE WELCOME!

JOIN OUR QUARTERLY MEETINGS
IN PERSON AT CAPE COD
COMMUNITY COLLEGE OR ON ZOOM

Email capeandislandspsc@gmail.com
for the meeting schedule, in-person
meeting details and/or Zoom link.

Contact Us

Cape & Islands
Suicide Prevention Coalition

P. O. Box 119
Barnstable, MA 02630

capeandislandSPC@gmail.com



www.cispc.net



Cape & Islands Suicide
Prevention Coalition

Cape & Islands
Suicide Prevention
Coalition

awareness •
education • action

A member of  mcsdp

MISSION STATEMENT

The mission of the Cape and Islands
Suicide Prevention Coalition is
to help give Cape Cod and Island
communities the necessary
information and tools to raise
awareness, promote education, and
increase action to reduce suicides.

Suicide Prevention

Suicide is a serious public health problem
that can have long-lasting effects on
individuals, families, and communities.

Circumstances that protect against
suicide risk include:

- Individual Protective Factors
- Relationship Protective Factors
- Community Protective Factors
- Societal Protective Factors

www.CISPC.net