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FOR IMMEDIATE RELEASE

Suicide is On the Rise in Pennsylvania – Join the Prevention Efforts

Suicide is a public health problem that has lasting harmful impacts on individuals, families and communities. According to the Centers for Disease Control and Prevention, suicide is the second leading cause of death among people ages 25 to 34 years. In addition, suicide is on the rise in Pennsylvania. The Pennsylvania Department of Health reports that the death rate for suicides has increased in four out of the last five years reported.

For every person who dies by suicide, there are many more who think about, plan or attempt suicide. Fortunately, suicide is preventable. With the increase in reports of suicide in our community, the need for trained volunteers also increases. You can help prevent suicide by becoming a CONTACT Helpline volunteer.

The CONTACT Helpline, a program of Family Service Association of Bucks County, is a free, confidential telephone helpline service for individuals with a wide range of needs and concerns. The Helpline serves residents in Bucks, Chester, Delaware and Montgomery counties. Following training, volunteers are responsible for providing telephone assistance and responding to calls on both the local helpline and the National Suicide Prevention Lifeline.

CONTACT Helpline phone rooms are located in Bucks and Montgomery counties, and volunteers must be able to commit to a minimum of 8 hours per month. The next CONTACT training will be held on the weekends of November 8-9 and 22-23 and will take place at Family Service's Langhorne office. Attendance is required at all sessions. For more information or to register, please contact Ellen Vinson, Director of Volunteer Services, at volunteer@fsabc.org or (215) 757-6916, ext. 202. Volunteer applications are also available online at www.fsabc.org/volunteer.

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The mission of Family Service Association of Bucks County is to protect, maintain, strengthen and enhance individuals, families and children and their social and psychological functioning. Visit www.fsabc.org to donate, volunteer and learn more about how Family Service helps more than 9,000 children, adults and seniors each year.