



NEW YORK STATE SENATOR

Roy J. McDonald

## McDonald Announces Suicide Prevention Awareness Effort

ROY J. MCDONALD January 5, 2012

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[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

January 5, 2012 - Senator Roy McDonald (R-Saratoga) wants people to know that there are outlets to help them through difficult times and that suicide is preventable. One such outlet is the National Suicide Prevention Lifeline, a toll-free telephone number that connects the caller to a certified crisis center near to where the call is placed.

"When people are going through difficult times it's important for them to know there are resources and professionals available who are willing to help. I hope that by spreading awareness we can make a difference and help real people in need," said McDonald, Chairman of the New York State Senate's Mental Health and Developmental Disabilities Committee.

Public Service Announcement:

**Suicide is preventable. I want you to extend a hand, speak up and save a life. As we look to information on suicide prevention, we know that crisis lines and on-line chat services are effective and in many cases, provide the only link for a person who is at-risk for personal harm. We have this service at our finger tips, begin by displaying the National Suicide Prevention Lifeline toll-free number, 1 800 273 TALK (8255), which is available 24/7, can be used anywhere in the country and connects the caller to a certified crisis center near to where the call is placed. If you are in crisis call this number. Veterans can get help by calling this same number and pressing #1.**

<http://www.suicidepreventionlifeline.org/>