

Polk County Health Department
Attention: Deb Overton
1907 Carpenter Avenue
Des Moines, Iowa 50314

Help us prevent suicides in our community. If you would like to join the Coalition efforts or find out more about our work, please call our Suicide Prevention Coalition Number 515-286-2043. For more information visit www.polkcountyiowa.gov/health/



**IF YOU ARE IN CRISIS
AND NEED IMMEDIATE
HELP CONTACT**

LOCAL

**2-1-1 Crisis Counseling &
Community Resources
911 Emergency Response**

NATIONAL

1-800-273-TALK (8255)

Supported by the Polk County Health
Department



**POLK COUNTY SUICIDE
PREVENTION COALITION**



MISSION

To reduce the incidence of suicide attempts and suicide completions in Polk County by engaging the community in carrying out national, state and local strategies; raising awareness; educating the public; and assuring access to resources.

Core Values & Beliefs

- ▼ **Suicide is a public health problem.**
- ▼ **We value our community's youth and adults.**
- ▼ **We value life.**
- ▼ **Stigma is a major barrier to suicide prevention.**
- ▼ **Suicide is preventable.**
- ▼ **We value action.**
- ▼ **By working together with a common mission, we can effect greater change.**

The Coalition provides opportunities for the community to collaborate on strategies and services. It has a special emphasis on helping schools impact and respond to youth who could be or are at risk. The Coalition does not provide direct services.

POLK FACTS

In 2004

- **41 deaths by Suicide**
 - 33 males
 - 8 females
 - 5 of whom were 10-24 years of age

- **385 non-fatal suicide attempts**
 - 247 female
 - 138 male
 - 114 of whom were 10-24 years of age

In 2003

- **39 deaths by suicide**
 - 30 males
 - 9 females
 - 6 of whom were in the age range of 15-24

Means

- 44% by firearm
- 25% by hanging
- 13% by poisoning
- 18% by other methods

Source: Iowa Department of Public Health

I would like to Volunteer with the Suicide Prevention Coalition in the following ways:

- Coalition
- Schools Work Group
- Awareness & Social Marketing Work Group
- Crisis Response Work Group

- Speakers Bureau

- Health Fairs

- Assist Awareness & Memorial activities

- Fundraising

- Grant Writing

- Coordinating Conferences

- Working at Conferences

Name: _____

Address: _____

Phone: _____

Cell: _____

Email: _____