



RENSELAER
COUNTY
SUICIDE
PREVENTION
TASK FORCE

Bringing hope, healing and
support to communities.

Losing someone to a sudden death especially due to suicide can be emotionally challenging. Your emotional reaction can feel overwhelming. There are resources available which may be helpful now or in the future in time of distress.

The loss of someone to death due to suicide has an added complexity due to the stigma which is often linked to suicide. Establishing a supportive team of people around you can be very helpful.

In Rensselaer County there is a team of volunteers who have received training to provide compassionate care and support to persons impacted by suicide. This group is the Postvention Team and is made up of: volunteers who are licensed mental health professionals; or persons who have been impacted by the loss of someone due to suicide. Research has revealed that well-coordinated timely response, such as the Postvention Team is an effective way of supporting grief due to suicide.

THE POSTVENTION TEAM IS ABLE TO PROVIDE:

- SUPPORT TO THOSE MOST IMPACTED BY SUICIDE LOSS
- GUIDANCE FOR SAFE AND APPROPRIATE MESSAGING AND MEMORIAL ACTIVITIES
- INFORMATION FOR ADDITIONAL CRISIS AND MENTAL HEALTH RESOURCES
- EDUCATION FOR THE PUBLIC ABOUT SUICIDE PREVENTION STRATEGIES



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Anyone who has been touched by a death due to suicide
may call for assistance at (518)270-2807.