

PULSE

Prevent Unnecessary Loss
Through Suicide Education

MYTH:


You can't stop a person who is serious about suicide.

FACT:

Feeling actively suicidal is often temporary. Getting the right kind of help at the right time can be the difference between life & death.

Crisis Lines:

Camp Hill:	717.763.2222
Carlisle:	717.243.6005
Toll Free:	866.350.HELP
Lifeline:	988 Call/Text



PULSE is Cumberland & Perry Counties' Suicide Prevention Task Force, comprised of volunteers working together to:



Raise awareness



Provide education to prevent suicides and suicide attempts



Offer emotional support to those who have lost someone to suicide

Free training is available to organizations

For additional information contact
717.240.6320 or mhidd@cumberlandcountypa.gov

Join Us for a PULSE meeting

Where: Cumberland/Perry MH.IDD.EI
1615 Ritner Highway . Carlisle

When: Third Tuesday of each month

Time: 4:00pm - 5:30pm



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