



# 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](mailto: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

