



# ULSTER COUNTY LEGISLATIVE NEWS

ULSTER COUNTY NEWS INFORMATION  
OFFICE OF ULSTER COUNTY LEGISLATURE  
244 FAIR STREET  
KINGSTON, NEW YORK, 12401

PHONE: 845.340-3900  
FAX: 845.340.3651  
[www.co.ulster.ny.us](http://www.co.ulster.ny.us)  
[www.ulstercountyny.gov](http://www.ulstercountyny.gov)

FOR IMMEDIATE RELEASE

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## **ULSTER COUNTY LEGISLATORS SPONSOR SAFETALK SUICIDE PREVENTION WORKSHOP AS PART OF MAY IS MENTAL HEALTH MONTH**

(KINGSTON, NY) According to a May 2013 report from the Centers for Disease Control and Prevention, as of 2009, more people die from suicides than car accidents. And while traditional suicide prevention efforts have focused on the young adults and senior members of society, there has been a substantial increase to the number of suicides among middle-aged adults.

In response to much they learned from the presentations to the Public Safety Advisory Committee, Committee Chairman Mary Wawro and Legislative Members T.J. Briggs and Carl Belfiglio are hosting a SafeTalk suicide prevention workshop for community members. The workshop is being presented by the Mental Health Association in Ulster County.

“The economic and family stressors have hit seemingly healthy and stable individuals like a brick wall,” stated District 1 Legislator Wawro from Saugerties. “Anyone who cares about family, their neighbors, and the community in general should join us for this very informative training.”

District 15 Legislator Briggs observed, “The ability to recognize that a person is in crisis could save a life. This training will give people essential tools. Everyone who takes the training will benefit their community.”

Carl Belfiglio, the District 8 Legislator from the Town of Esopus noted, “Losing important people in our lives is devastating. Three hours at this training could mean a lifetime to someone we love.”

The SafeTalk training will be held Thursday, May 29, 2014 from 6:30 – 9:30 PM in the Legislative Chambers located on the 6<sup>th</sup> Floor of the County Office Building. Please call 845-340-3696 or email [kbar@co.ulster.ny.us](mailto:kbar@co.ulster.ny.us) to reserve your seat at this important training as there are only 30 seats available for this day. Additional training days may be offered and attendance certificates will be available for those seeking continuing education credits.

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