SUICIDE

THERE IS HOPE.
THERE IS HELP.

THE FACTS

- Someone dies by suicide every 12 minutes in the United States *(CDC, 2016)*
- Wyoming's suicide rate is among the highest in the nation, twice the national average *(Wyoming Vital Statistics, 2016)*
- One in five Wyoming high school students seriously consider attempting suicide *(Youth Risk Behavior Survey, 2015)*
- Suicide is the second leading cause of premature death in Wyoming *(CDC, 2016)*
- Suicide is preventable
- Reducing risk factors and increasing protective factors decrease the incidence of suicide

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RISK FACTORS

- Recent traumatic loss
- Alcohol or substance abuse
- Past suicide attempts
- Impulsivity and/or aggression
- Access to lethal means
- Social isolation

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WARNING SIGNS

- Hopelessness
- Feeling unable to cope
- Talking or writing about dying or suicide
- Seeking access to means to kill oneself
- Feeling trapped
- Increasing alcohol or drug use
- Giving away possessions/tying up loose ends
- Withdrawing from family and friends
- Dramatic mood changes
- Lack of purpose, seeing no reason to live

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THE SOLUTION

COMMUNITY PROTECTIVE FACTORS: WHAT WE CAN ALL DO

- Remove stigma surrounding mental illness and seeking help
- Train health care providers to recognize signs of depression and suicidality
- Create safe and supportive school and community environments
- Promote after-care following psychiatric hospitalization
- Educate youth from an early age on how to manage emotions and cope with difficulties
- Remove or reduce access to lethal means in homes and the community
- Reduce reliance on alcohol or substances to alter mood
- Promote activities without alcohol or other substances
- Offer opportunities for connectedness in the community

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SUICIDE INTERVENTION RESOURCES

In CRISIS

Text WYO or START to 741 741

Call the National Suicide Prevention Lifeline
1-800-273-TALK (8255)

Use the Safe 2 Tell Wyoming mobile app for reporting threatening behaviors and safety concerns
1-844-WYO-SAFE or 307-996-7233

Online Live Chat

*crisistextline.org/get-help-now –*press 1 for veterans*

Local Resources

Wyoming Behavioral Institute offers walk-in mental health emergency level care assessment free of charge, 24/7
2521 E. 15th Street, 1-800-457-9312 or 307-237-7444

Wyoming Medical Center offers emergency room assessments, 24/7
1233 E. 2nd Street, 577-7201 or 1-800-822-7201

Casper Vet Center
1030 North Poplar, Suite B, 307-261-5355, 24/7 hotline, 1-877-927-8387

Central Wyoming Counseling Center offers assessments, counseling, and crisis stabilization; walk-ins welcome, 9 a.m. to 2 p.m., Mon.- Fri.
1430 Wilkins Circle, counselors on call 24/7, 307-237-9583

Community Health Center of Central Wyoming IMPACT program
offers primary care, medication management, and behavioral health services, 8 a.m. to 5 p.m., Mon.-Fri.
5000 Blackmore Road, 307-233-6000

Reverend Dee Lundberg offers assistance for LGBTQ, United Church of Christ
1511 South Melrose, 406-930-1099, revdeeucc@earthlink.net

See It Clearly Peer to Peer Depression Support Group offers meetings held on the second and fourth Wednesdays at 6:45 p.m. at the 12-24 Club
500 S. Wolcott, jlh35@hotmail.com
Sponsored by J.R.'s Hunt For Life

Youth Crisis Center offers 24/7 assistance for families and youth in crisis
1656 E 12th Street, 307-577-5718

RESOURCES FOR SURVIVORS

Suicide Survivors' Support Group meets the fist and third Thursdays of every month, 6:30-8 p.m.
1032 East 1st Street, Julie Raines, 307-247-4726

HALOS: Healing After Loss of Suicide Child/Teen Grief Support Group meets every other Tuesday, 6-7:30 p.m.
1200 East 3rd Street, 307-277-5667 ***Sponsored by Drew's Decision***

Good Grief Support Group meets at 5:30 p.m. on the second and fourth Wednesdays at the 12-24 Club
500 South Wolcott, second floor, jlh35@hotmail.com
Sponsored by J.R.'s Hunt; For Life

Reverend Dee Lundberg offers assistance for LGBTQ, United Church of Christ
1511 South Melrose, 406-930-1099, revdeeucc@earthlink.net

Drew's Decision offers immediate companionship, assistance with funeral arrangements, fundraising, resources, and referral for survivors, *307-277-5667*

COMMUNITY SUICIDE PREVENTION RESOURCES

Natrona County Suicide Prevention Task Force
307-265-7366, natronacountysuicideprevention.com

Question, Persuade, Refer (QPR) Training
Felicia Cummings, Mercer Family Resource Center,
307-265-7366

Connect Training for Organizations
Felicia Cummings, Mercer Family Resource Center,
307-265-7366

Mental Health First Aid Class Wyoming Medical Center NERD Health and Wellness Center
1233 E. 2nd Street, 307-577-2929

Suicide Prevention Awareness Team (S.P.A.T.)
a subcommittee of the Youth Empowerment Council, offers prevention education for youth
Brittlynn Bulgrin, 307-233-4277

NAMI (National Alliance on Mental Illness) offers education and resources regarding mental illness
137 West 6th Street, 307-265-2573, info@namiwyoming.org

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Casper College

Made in conjunction with Natrona County Suicide Prevention Task Force

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