Get Involved & Get Help

If you or someone you know experience any of the suicidal thoughts, feelings, or behaviors described in this pamphlet, get help.

Call:

- Local Mental Health Crisis Lines
- Local Hospital Emergency Room
- 911 for all emergencies

National Crisis Lines:

1-800-273-TALK (1-800-273-8255) 1-800-SUICIDE (1-800-784-2433)

Contact:

- Parents or an adult
- School counselor, social worker, or school nurse
- Local mental health agency
- Mental health therapist
- Family physician
- Minister
- Sheriff or local police



Suicide Prevention Web Sites

American Association of Suicidology www.suicidology.org

American Foundation for Suicide Prevention www.afsp.org

Suicide Awareness Voices of Education <u>www.save.org</u>

Suicide Prevention Advocacy Network www.spanusa.org

Suicide Prevention Resource Center www.sprc.org

Statewide Resources:

Wyoming Department of Health
Mental Health Division
www.mhd.state.wy.us
(307) 777-7116



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Help Prevent Suicide

Wyoming's Problems

Wyoming has ranked in the top 5
States for deaths by suicide in the past 10 years.

Currently we rank first in the nation.

On average, one person dies by suicide every 3 days in Wyoming.

Risk Factors

- Medical problems or chronic pain
- Loss of perceived personal value or independence
- Threat of extreme dependency
- Institutionalization
- Loss of spouse or friends
- Friends or family member died by suicide
- Depression or other mental illness
- Social isolation or loneliness
- Easy access to lethal means
- Extreme stress or emotional distress
- Financial concerns



The key to prevention is recognizing the warning signs and knowing what to do to get help.

Signs

- Talking about suicide
- Expressing feelings of hopelessness or helplessness
- Drastic mood or behavior changes
- Problems eating or sleeping
- Isolating from friends or social activities
- Lack or interest in work or hobbies
- Giving away personal possessions
- Preoccupation with death and dying
- Lack of interest in personal appearance
- Increasing drug or alcohol use

How You Can Help

- Be aware of signs and clues
- Don't keep secrets, think of it as mental health first aid
- Call 911 or take the person to a hospital or mental health professional
- Never leave a suicidal person alone
- Be calm, not judgmental
- Speak with care and compassion
- Encourage the person to share feelings
- Encourage him or her to voluntarily give up potentially harmful items
- Contact a reliable family member or close friend
- Follow up to make sure the person is getting help



Use non-threatening statements