

Sweetwater County Suicide Prevention Coalition

Suicide is a serious problem in Wyoming and Sweetwater County continues to be one of the worst areas for suicide completion in the State. Our goal in establishing a Suicide Prevention Coalition is to improve suicide awareness and ultimately reduce barriers to seeking help. We hope to succeed in lowering the rate of suicide in the County, and change perceptions regarding suicidality.

We hope to achieve this goal with our monthly meetings that will address the process of educating our community, integrating suicide prevention strategies into our local schools, community college, businesses, and organizations.



If you or anyone you know is interested in joining our coalition, please contact Mike Bauer of Southwest Counseling Service at 352-6680.

“Sweetwater County is currently ranked in the top 10% in the nation for completed suicides.”

Suicide Prevention Web Sites

A Million Miles From Anywhere
www.amillionmilesfromanywhere.com

American Association of Suicidology
www.suicidology.org

American Foundation for Suicide Prevention
www.afsp.org

Suicide Awareness Voices Education
www.save.org

Suicide Prevention Advocacy Network
www.spanusa.org

Suicide Prevention Research Center
www.sprc.org


**Sweetwater County
Suicide Prevention Coalition**
SAVE A LIFE
Crisis Calls: 1-800-273-TALK
Calls & Information: 307-352-6680



**Community Mental Health &
Substance Abuse Treatment Center**

1124 College Drive
Rock Springs, WY 82901
Phone: (307) 352-6680
Fax: (307) 352-6676
www.swcounseling.org


**Sweetwater County
Suicide Prevention Coalition**
SAVE A LIFE



**Together we all can make a
difference in our community.**

**National Crisis Line:
1-800-273-TALK**

**Local Calls & Information
307-352-6680**

Facts About Suicide

Who Is Affected

Suicidal behavior, including both attempts and deaths, affects the entire community; people of all ages, races, social classes, genders, and sexual orientation. Suicide devastates the family and friends of the person and can lead to more suicides.

Basic Facts

- 73% of the deaths by suicide are white males, although women make four times the attempts.
- Most people who die by suicide also experience a mental illness or substance abuse disorder.
- 80% of the people who died from suicide had given definite signals.

Did You Know?

- In 2007, Wyoming was ranked 4th highest in suicide rates.
- In 2007, 101 people committed suicide in the state of Wyoming.
- Suicide is the 2nd leading cause of death among youths ages 15-24 in Wyoming (2007).
- Wyoming is ranked 4th highest in the nation in suicide rates in the elderly ages 65 and up.
- From 1999-2009, 115 people committed suicide in Sweetwater County.
- Sweetwater County is currently ranked in the top 10% for completed suicides.



The key to prevention is for everyone to know the warning signs and what to do to help.

SOS Cries For Help

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



Ways You Can Help

- Take suicide threats seriously and take immediate action
- Be aware of signs and clues
- Don't keep secrets, think of it as First Aid for Mental Health
- Be calm, not judgmental
- Speak with care and compassion and talk directly about suicide
- Encourage the person to share his or her feelings
- Never leave a suicidal person alone, call 911
- Offer to take the person to a mental health professional
- Offer to take the person to the local emergency room
- Contact a reliable family member or close friend
- Follow up to make sure the person is getting help



"Suicide is a permanent solution to a temporary problem."

Risk Factors

- Previous suicide attempt
- Family member or friend who has recently died or another recent significant loss
- History of family violence or child abuse
- History of mental illness
- Financial or work/school related problems
- Easy access to lethal means, especially guns
- Impulsive or risk taking behavior
- Inability to identify reasons for living

The National Strategy for Suicide Prevention reported that suicide is now the 11th leading cause of death in Americans.

