

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:

- Close friends or family
- Local mental health agency
- Private mental health therapist
- Physician
- Psychiatrist
- Minister



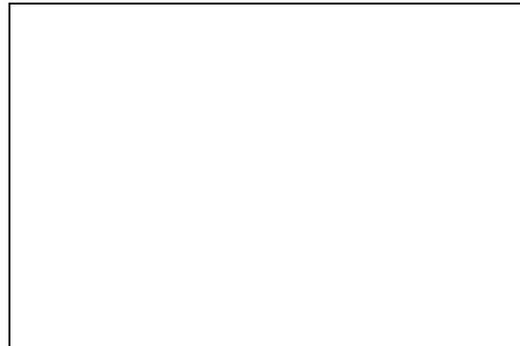
Suicide Prevention Web Sites

Suicide Prevention Resource Center
www.sprc.org

Statewide Resources:

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

Local Resources:



Produced By:
Wyoming Suicide Prevention Task Force
Mental Health Division



Suicide in the Elderly

Wyoming's Problems

Thirty-nine percent of all suicide deaths are by citizens aged 55 or older.

Suicide in the elderly may be disguised as self-destructive behavior, such as starvation, alcohol or drug use, misuse of medications, or missing needed medical appointments.

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 and can lead to more suicides.

Basic Facts

- 73% of deaths by suicide are white males, although women make four times the attempts.
- Most people who die by suicide experience a mental illness or substance abuse disorder.
- Eighty percent of people who die by suicide give definite signals.
- Suicide is a permanent solution to a temporary problem.

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

Signs

- 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 work or hobbies
- Giving away personal possessions
- Preoccupation with death and dying
- Increasing drug or alcohol use



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

Ways You Can Help

- Take suicide threats seriously and take immediate action
- Be aware of signs and clues
- Don't keep secrets
- 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 or take the person to a hospital or mental health professional
- Contact a reliable family member or close friend
- Follow up to make sure the person is getting help

Use non-threatening statements

