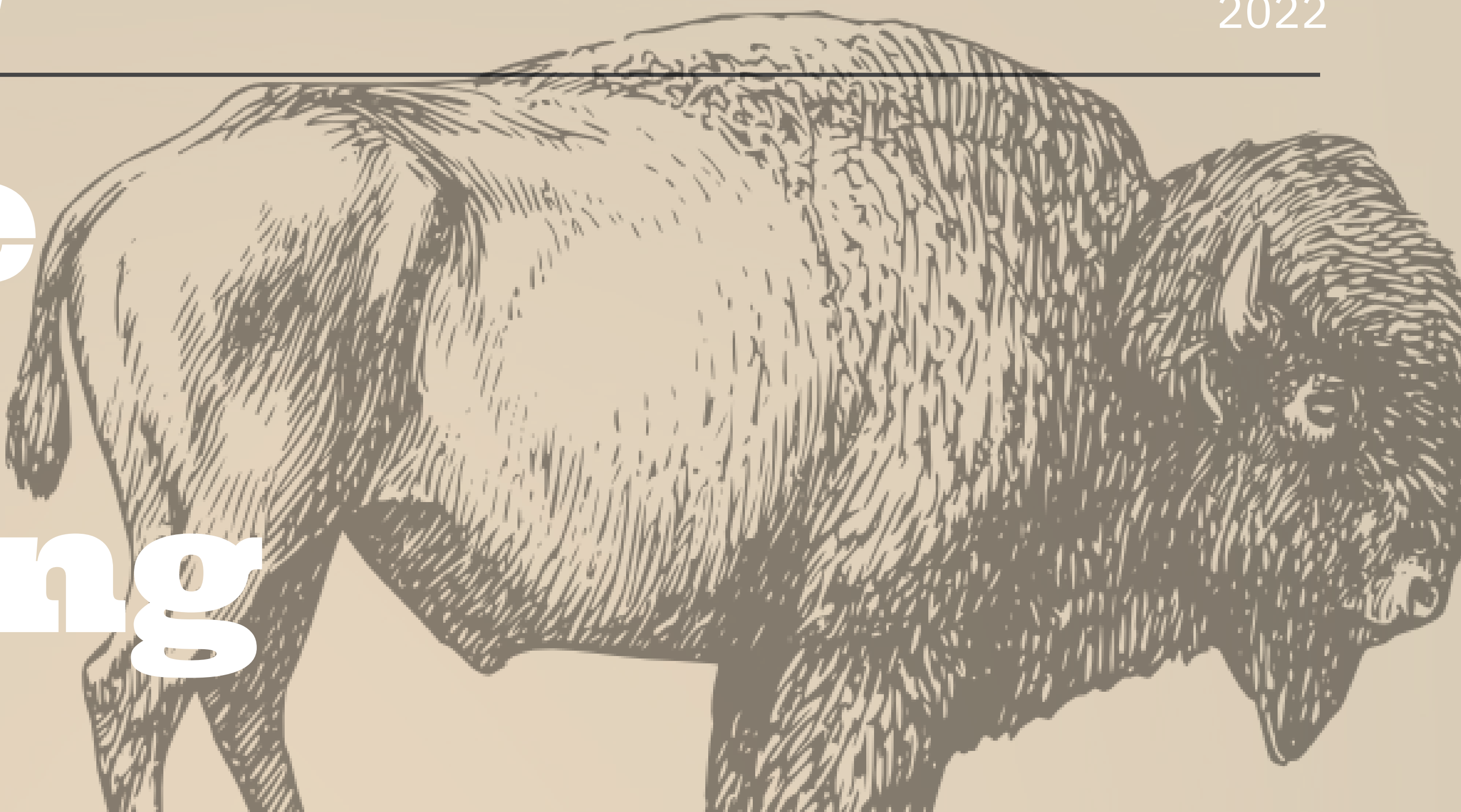
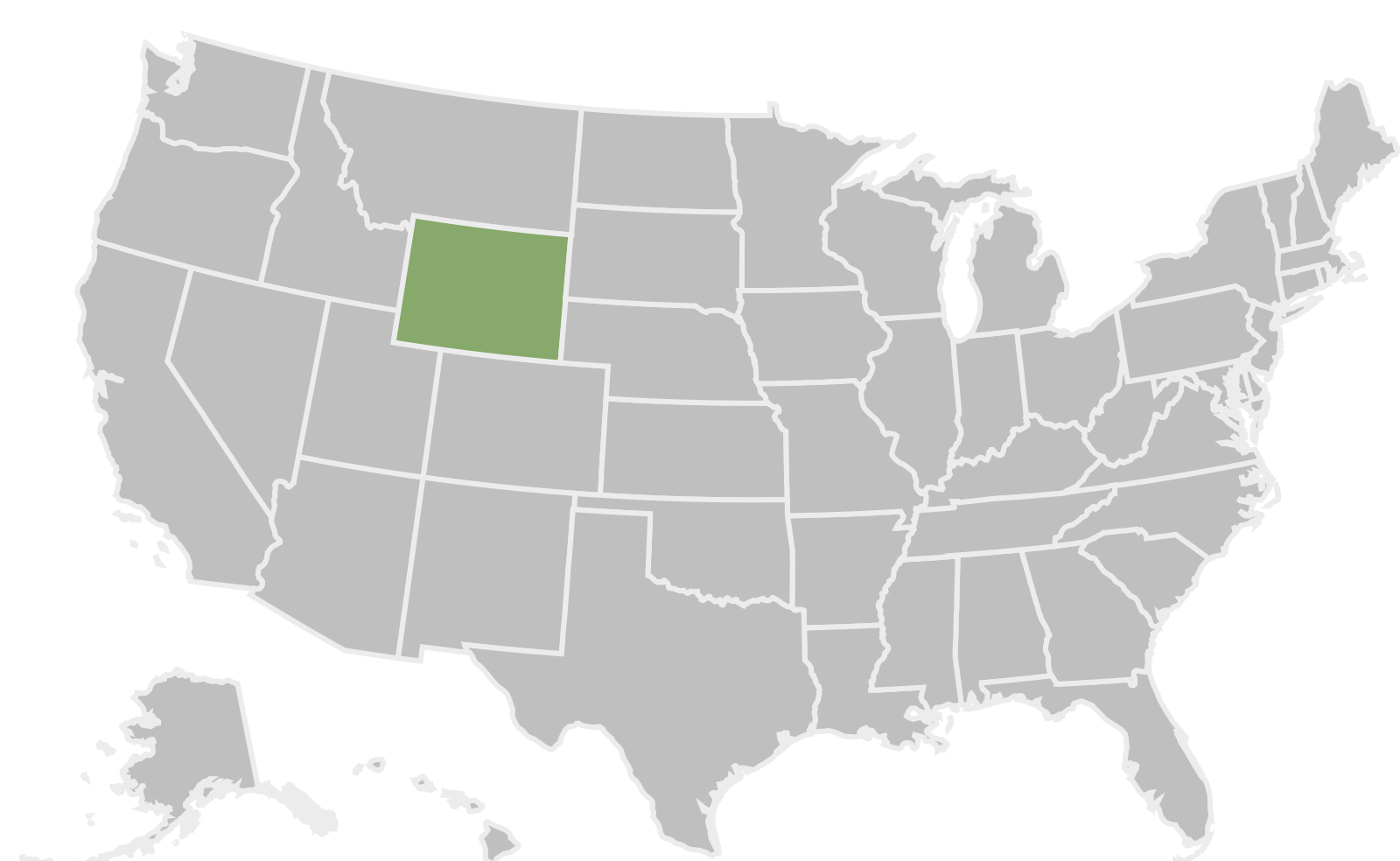


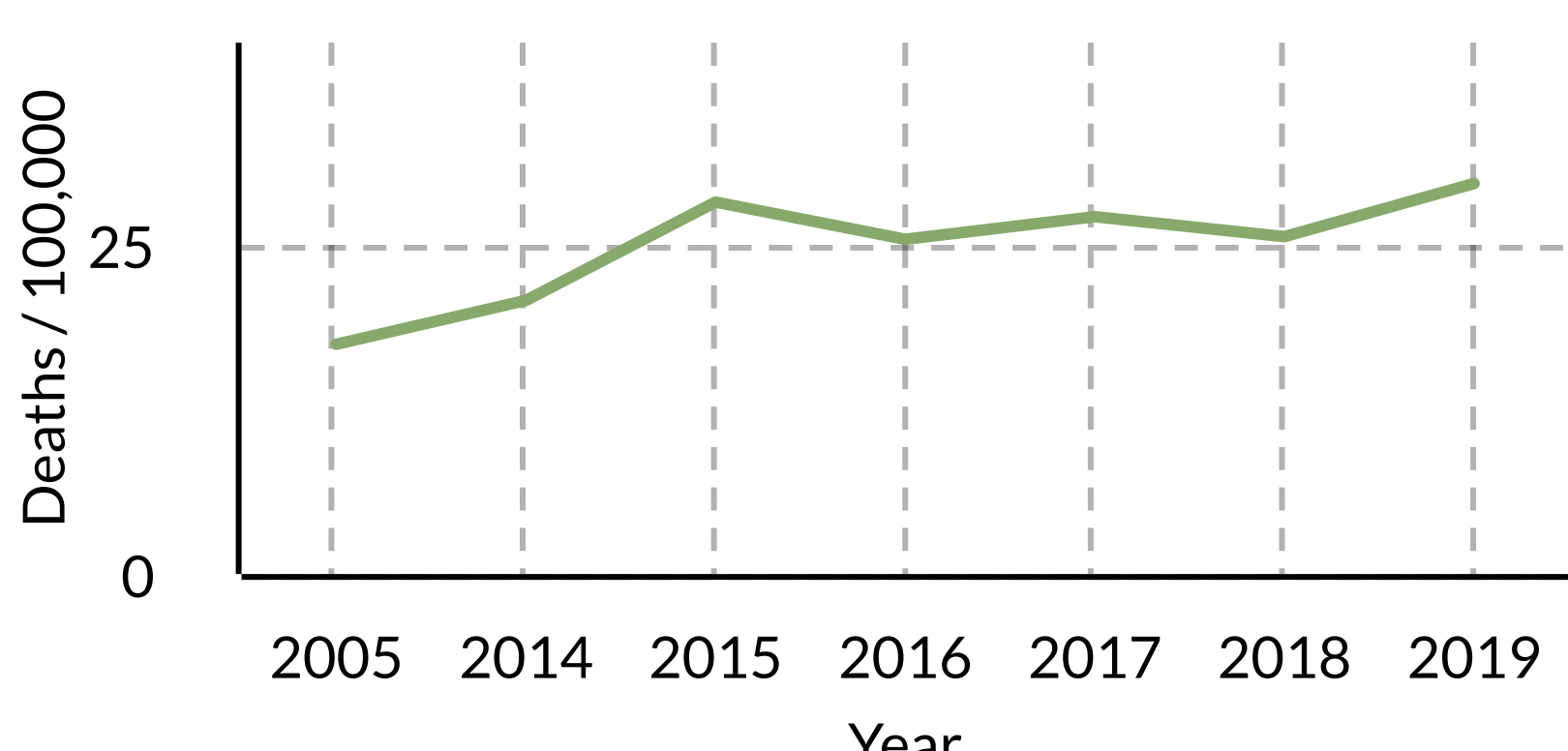
Suicide in Wyoming



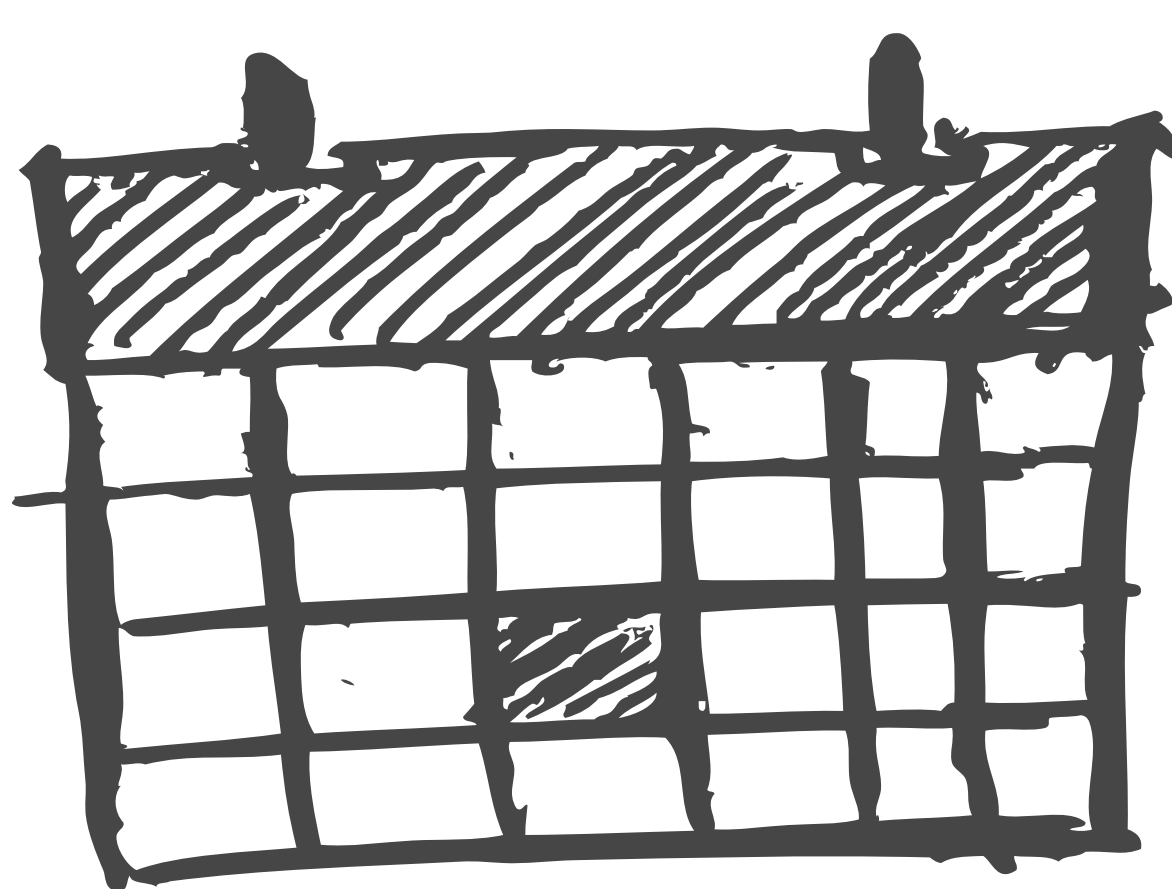
Suicide rates in Wyoming are **double the national rate**. Wyoming ranks number one in the nation for suicide deaths as of 2019.



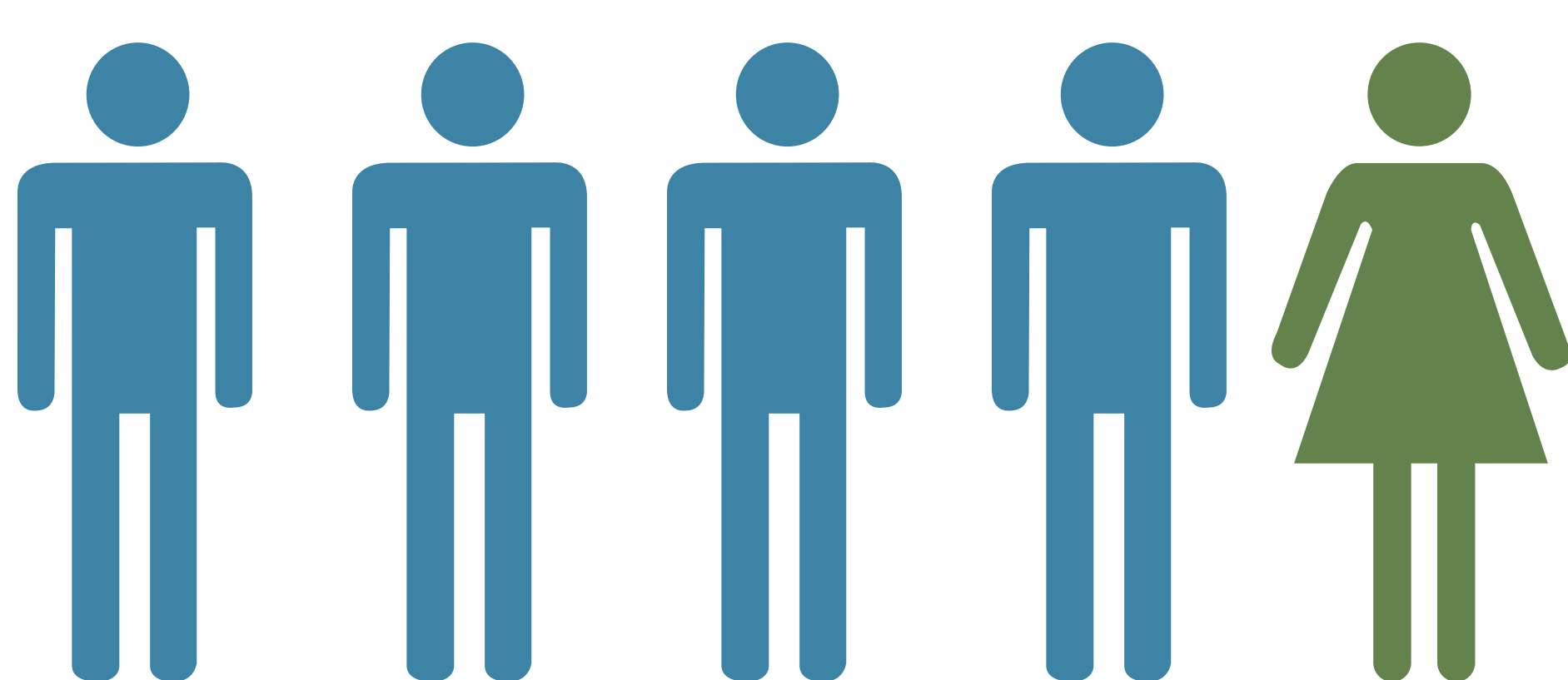
31.1 The Wyoming suicide rate has **significantly increased** from 17 deaths per 100,000 in 2005 to 31.1 deaths per 100,000 in 2020.



Somebody dies from suicide every **2 days** in Wyoming.

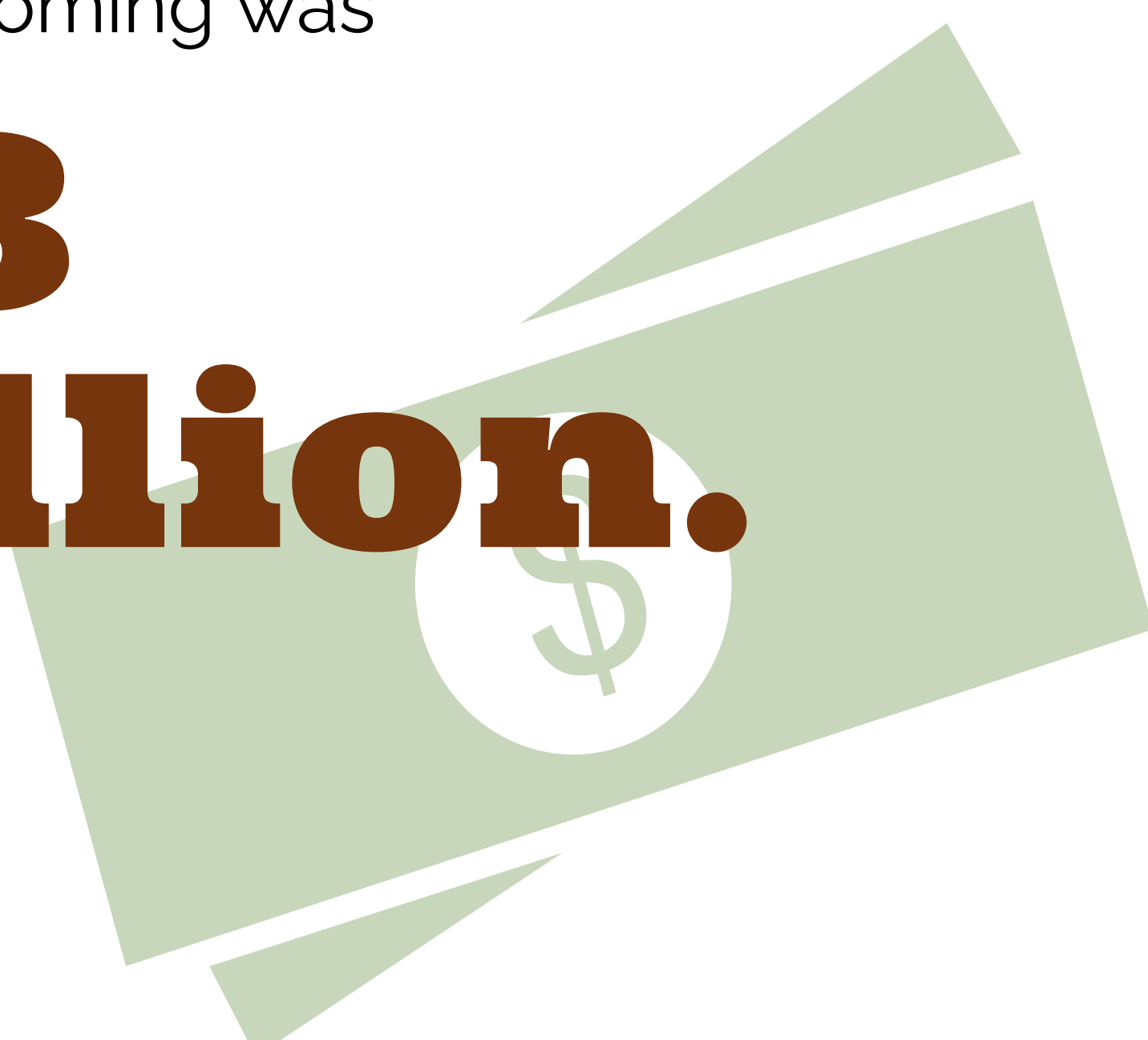


In Wyoming, **men have higher suicide rates**, women have higher self-harm rates. Men die by suicide **4** times the rate of women.



In 2019, the estimated combined lifetime work loss and medical **cost per suicide** in Wyoming was

\$1.3 Million.



Firearms are the primary means used for **65%** of Wyoming suicides.



Warning signs

The more warning signs a person shows, the higher the risk of suicide.



Talking about being a burden to others



Increased use of alcohol or drugs



Feeling isolated from family, friends, and community

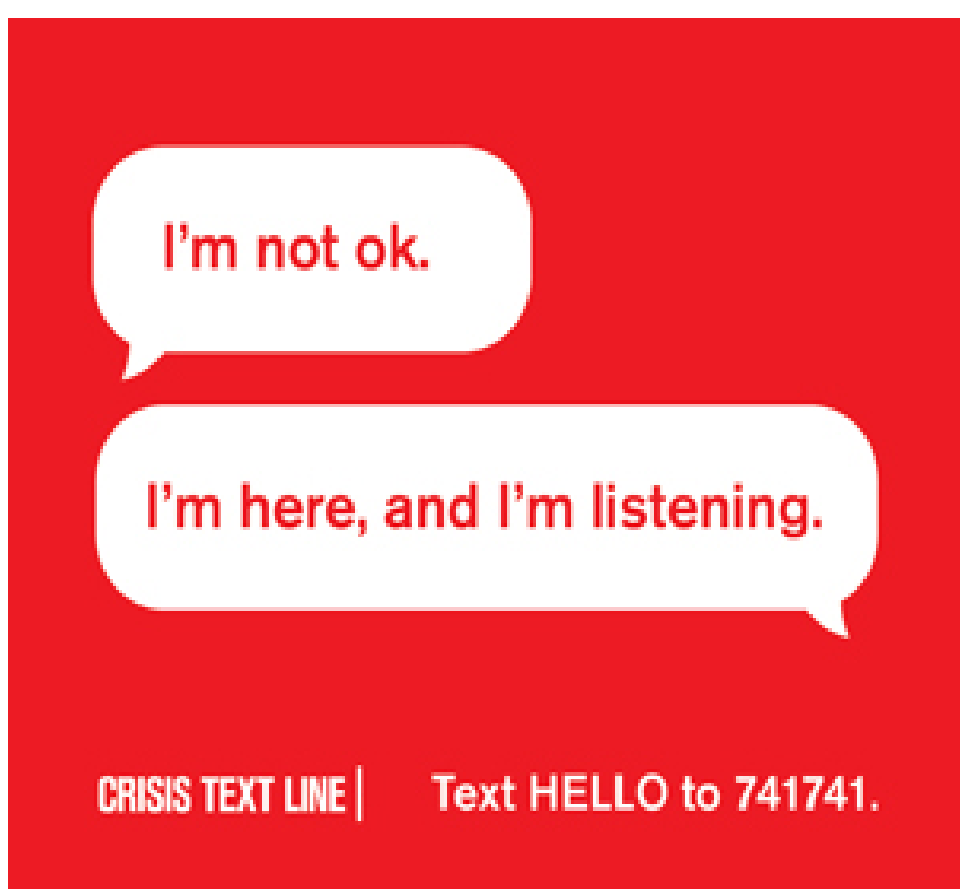


Sleeping too much or too little



Experiencing moods such as depression, rage, or anxiety

If you or someone you know needs help...



Text: WYO to 741741



Call: 1-800-273-8255



Report to safe2tellwy.org

Training opportunities



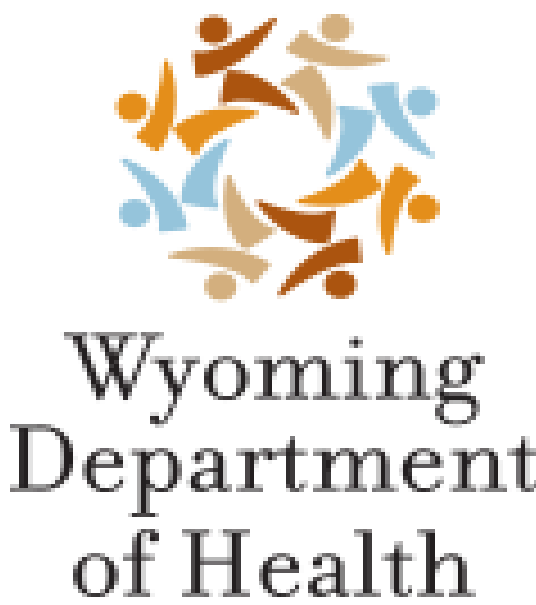
The Wyoming Department of Health has sponsored generic and specialized Question, Persuade, Refer (QPR) suicide prevention training. Visit the website below for codes.



Applied Suicide Intervention Skills Training (ASIST) is the gold standard for suicide prevention training. If interested in the 2-day training please see contact info below.

If you have any question about suicide prevention in Wyoming, please contact the Wyoming Injury and Violence Prevention Program at Cathy.Hoover@wyo.gov

<https://health.wyo.gov/publichealth/prevention/wivpp/>



Sources

American Foundation for Suicide Prevention. (2021, September 9). *Suicide statistics*. American Foundation for Suicide Prevention. Retrieved December 1, 2021, from <https://afsp.org/suicide-statistics/>.

Centers for Disease Control and Prevention. (n.d.). *WISQARS Data Visualization*. Centers for Disease Control and Prevention. Retrieved December 1, 2021, from <https://wisqars.cdc.gov/data/explore-data/explore/selected-years>

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We can all prevent suicide. Suicide Prevention Lifeline. (n.d.). Retrieved December 1, 2021, from <https://suicidepreventionlifeline.org/how-we-can-all-prevent-suicide/>.