

# Resources

## For an Emergency or Crisis Call 911



**STOP SUICIDE CHEYENNE** is an all-volunteer group of professionals and concerned citizens who are working to prevent suicide in Cheyenne and Laramie County, Wyoming.

**Our goal is to STOP suicides—even one is too many.**

**Our goal is to SUPPORT persons who have lost someone to suicide.**

**Our goal is to EDUCATE the public on ways to help others that need help.**

Whether you are personally concerned about suicide, or are a professional working in the mental health field, we welcome your involvement in our coalition to help us prevent suicide in Laramie County.

Please join us for our monthly meetings, and feel free to participate in upcoming community suicide prevention events.

For more information:

[www.stopsuicidecheyenne.org](http://www.stopsuicidecheyenne.org)

**Please join us and help save a life!**

### Peak Wellness Center

[www.PeakWellnessCenter.org](http://www.PeakWellnessCenter.org)

Youth & Family: 307.632.9362

Adult Services: 307.634.9653

### Behavioral Health Services

307.633.7370

### Crisis Hotline

1-800-SUICIDE (800.784.2433)

### National Suicide Prevention Lifeline

1.800.273.TALK (8255)

### Wyoming Youth Suicide Prevention

#### Website

[www.justletitout.org](http://www.justletitout.org)

### Stop Suicide Cheyenne

[www.stopsuicidecheyenne.org](http://www.stopsuicidecheyenne.org)



### Grace for Two Brothers Foundation

offers support to anyone

who has lost a loved one due to suicide.

[www.gracefor2brothers.com](http://www.gracefor2brothers.com)

307.286.4111



Commit to your health.

When it seems hopeless,  
there is help.



# Suicide Warning Signs

- Noticeable change in mood or behavior
- Talking or writing about death, dying or suicide
- Depression or mental illness
- Feelings of hopelessness/helplessness
- Previous suicide attempts
- Withdrawing from friends and family
- Drug/alcohol use

**Risk Factors** include family history of suicide, mental or substance abuse disorder, exposure to violence or trauma (including physical or sexual abuse), incarceration, and firearms in the home. More than 90% of people who die by suicide experienced one or more of these risk factors.

“You need to know you are not alone.”



- You need to know that you're not alone.
- Help is available for you, whether through a friend, therapist, or member of the clergy.
- **Do not keep suicidal thoughts to yourself!**
- Find someone you trust and let them know how you are feeling. This can be your first step on the road to healing.
- Use the resources listed in this brochure.



## PROTECTIVE FACTORS

Protective factors can decrease suicide risk.

- Attitudes and beliefs that discourage suicide and support self-preservation
- Strong connections to friends, family and significant others
- Hope for the future & reasons for living
- Good health and access to mental and physical health care
- Skills in decision-making, problem-solving, anger management and impulse control
- Restricted access to lethal methods for suicide
- A reasonably safe and stable environment
- Responsibilities and duties to others
- Pets
- Belonging to a group or organization where one is valued and appreciated
- Positive spiritual beliefs