

Local resources for people in crisis:

High Country Behavioral Health

190 Overthrust Drive
Evanston, WY 82930
(307) 789-4224

Student Support Services (for youth)

Uinta County School District #1

537 10th St.
Evanston, WY 82930
(307) 789-7571



911 FOR ALL EMERGENCIES

NATIONAL

**SUICIDE
PREVENTION
LIFELINE™**

1-800-273-TALK (8255)

suicidepreventionlifeline.org

**Prevention Management Organization
of Wyoming, Uinta County**

1013 W. Cheyenne Drive
Evanston, WY 82930
(307) 679-3234
tlawlar@pmowyo.org
pmowyo.org

**Wyoming ranks among
those states with the highest
per-capita suicide rates.***



**For each suicide death among young
people, there may be as many as
100-200 suicide attempts***

*(Suicide Prevention Resource Center,
www.sprc.org/basics/about-suicide)

Warning signs and risk factors in teen suicide can include:

- Depression
- Substance abuse/dependence (alcohol or drugs)
- Previous suicide attempts
- Capacity to self-injure
- Feelings of hopelessness
- Low self-esteem
- Loneliness
- Withdrawing or feeling isolated
- Low stress and frustration tolerance
- Impulsivity, risk taking, recklessness
- Poor problem-solving or coping skills
- Perceptions of being a burden
- Disciplinary or legal problems
- Bullying
- School or work problems
- Physical, sexual and/or psychological abuse
- Exposure to a suicide of a peer
- Family history of suicide, or suicidal behavior
- Divorce
- Death of a loved one
- Chronic illness or disability
- Looking for lethal means
- Talking about having no reason to live
- Talking about feeling trapped or in unbearable pain
- Sleeping too much or too little
- Showing rage or talk about seeking revenge
- Extreme mood swing displays
- Giving away possessions

According to the 2013 Wyoming Youth Risk Behavior Survey:

16.7% of Wyoming students in grades 9th -12th answered **YES** when asked: During the past 12 months, did you ever seriously consider attempting suicide?

Suicide is a permanent solution to a temporary problem

13.8% of Wyoming students in grades 9th - 12th answered **YES** when asked: During the past 12 months, did you make a plan about how you would attempt suicide?

Suicide is a preventable public health concern

Suicide is the **3rd** leading cause of death among 15-24 year olds. (sprc.org)



Help Prevent Youth Suicide

Adolescence can be a rewarding time for young people. But for some students, it can also be emotionally difficult, especially during the transitions to middle school and high school and again during the transition out of high school.

As teens learn to manage relationships, stress and life's other pressures for the first time in their lives, those problems can quickly overwhelm their current coping skills.

Parents, and the community as a whole, can work together to help identify youth who are at risk of suicide and get them the help they need before a tragedy occurs.

Parents also can help protect their children from the risk of suicide by maintaining a supportive and involved relationship with their sons and daughters, understanding the risks and warning signs of suicide – and knowing when and where to turn for help.

For more suicide prevention resources, visit the American Foundation for Suicide Prevention at www.afsp.org, ReachOut.com (specifically designed for youth) or the Uinta County School District No. 1 website at www.uinta1.com and click the "Suicide Prevention Resources" link.

