

**Natrona County Task Force for**  
**SUICIDE PREVENTION**



**SNEAK PEEK INSIDE...**

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Reaching out for support  
 A list from the American Foundation for Suicide Prevention to help those who are left behind

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Survivors Support Group  
 Join Natrona County Suicide Survivors to support and be supported

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American Foundation for Suicide Prevention's Out of the Darkness Overnight Walk  
 The Mattie Project Walks to support suicide prevention and spread awareness

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American Foundation for Suicide Prevention's Out of the Darkness Overnight Walk (continued).  
 The Mattie Project story continues with pictures

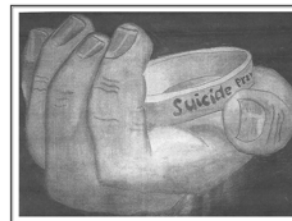
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Natrona County Suicide Prevention Task Force Members  
 Meet the community members who are working to impact suicide in Natrona County.

**10th Annual Breaking the Silence Walk**  
**Saturday, September 7th**

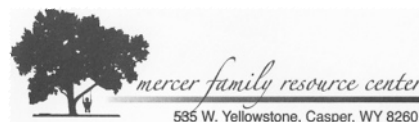
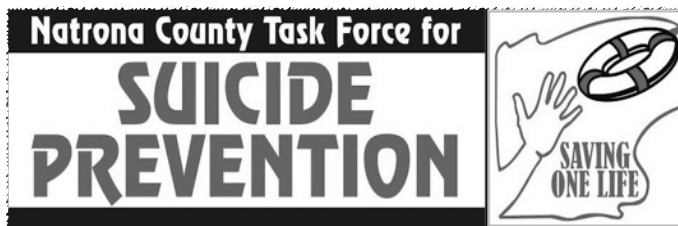
**4:00 p.m.**

**Suicide Prevention**  
**...It's Your Business**



**Rotary Crossroads Park**

*We want your presence...not your money!*  
*Help reduce the number of suicides in Wyoming.*  
*The first 300 walkers will enjoy a Johnny J's BBQ.*  
*This walk brought to you by:*



**For more information, please contact Traci Gardner**  
**@ 307-233-4277**

# I have lost a love one to suicide...

## What Should I Do Next?

Information and ideas taken from [www.afsp.org](http://www.afsp.org)

With Wyoming having the highest rate of suicide per capita in the country, we know many people have had to ask themselves this question, or one very similar: "The first thing to know is that you are not alone. More than 80% of us will lose someone to suicide in our lifetime. Thousands of others know the pain and tragedy of your heartbreaking loss." ([www.afsp.org](http://www.afsp.org))

Here are some ways you can begin to heal:

1. Connect with other survivors  
Natrona County has a survivors support group (See the box at the bottom of the page)
2. Connect with survivor groups, blogs, and information online  
Look for ways others have coped, you can find poetry, music, stories, and other inspiration
3. Tell and share your story  
Sometimes sharing honestly about the suicide and your loss can help you
4. Get your own help  
Talk to a professional about what you are going through and how you are coping with your loss
5. Help others  
Reaching out to others who have lost someone can help ease the pain of your loss

"There is no set rhythm or timeline for healing. Each person grieves at his or her own pace and in his or her own way. Some people want to talk about it all the time; others don't want to talk much at all. Be patient with yourself and those around you. It takes time to heal." ([www.afsp.org](http://www.afsp.org))

### Support in Natrona County

Did you know that there is a support group in Casper for suicide survivors? First of all, I should define the term "suicide survivor": this is a person who has had a loved one, friend or acquaintance who has died by suicide. In the broad sense, we are all survivors if we know someone who has committed suicide. Suicide carries with it a certain stigma along with the instantaneous loss of someone close to the survivor. There are also the unknown aspects-why did they do it?, why didn't I see the signs?, were there signs?, what should I have done? etc-that the survivor must deal with.

*Suicide Survivor's Support Group  
Meets 1st & 3rd Thursdays  
6:30pm - 8:00pm  
1032 E First Street in Casper*

It is an opportunity to talk with other survivors who have also experienced suicide. It is a good group to ask questions, share feelings and just to know that there are others who not only care, but have experienced much of what you may be experiencing. Perhaps there is someone you know who could use this group.

For more information, contact Traci Gardner 233-4277.

**Want to support suicide prevention?**

**Join the Natrona County Suicide Prevention Task Force!**

**Meetings are held the 2nd Tuesday of each month**

**8:00am at Mercer Family Resource Center (535 W. Yellowstone)**

**For more information call Traci at 307-233-4277**



## American Foundation for Suicide Prevention's Out of the Darkness Overnight Walk

by Dawn Cundy  
The Mattie Project

On June 1st and 2nd, I traveled with Casper residents Bridger Adams, Allie Childers, Heather Heidrich, Jan Cundy and Tammy Farnham, to our nation's capital; Washington, DC. We went to DC to participate in the American Foundation for Suicide Prevention's Out of the Darkness Overnight walk as The Mattie Project Team. It was a 17-mile walk from dusk until dawn, done by thousands across the nation to bring to light the awareness of suicide and depression. With Wyoming being ranked #1 (the highest rate of suicide per capita in the nation), we found it important to participate in this life-changing event and bring attention to our state; where we need it the most. We raised over \$6,000 to be able to travel there and represent Wyoming in the fight against suicide.

Having lost my brother to suicide, it was an experience that I will forever remember and be grateful I had the opportunity to participate in. I was reminded that I am not alone in my journey and that we are all fighting against the stigma of suicide, and that our ultimate goal is to change that stigma, stop the silence and together prevent suicide and offer hope to others.

Dawn Cundy, Bridger Adams, Allie Childers, Heather Heidrich and Jan Cundy, walked as the Mattie Project Team, and participated in the American Foundation for Suicide Prevention Out of the Darkness walk.

(Story continues on page 4)

### WHAT YOU SHOULD KNOW.

Suicide rates for women peak between the ages of 45-54 years old.

Firearms are used in more suicides than homicides.

Lesbian, Gay, and Bisexual youth may be up to 4 times more likely than non-LGB youth to attempt suicide.

### WHAT YOU CAN DO.

If you or someone you know is having thoughts of suicide involve a trusted adult or friend.

Be willing to listen, accept their thoughts and feelings, and let them talk.

Take all talk of suicide and any suicide attempt seriously.

Don't promise secrecy.

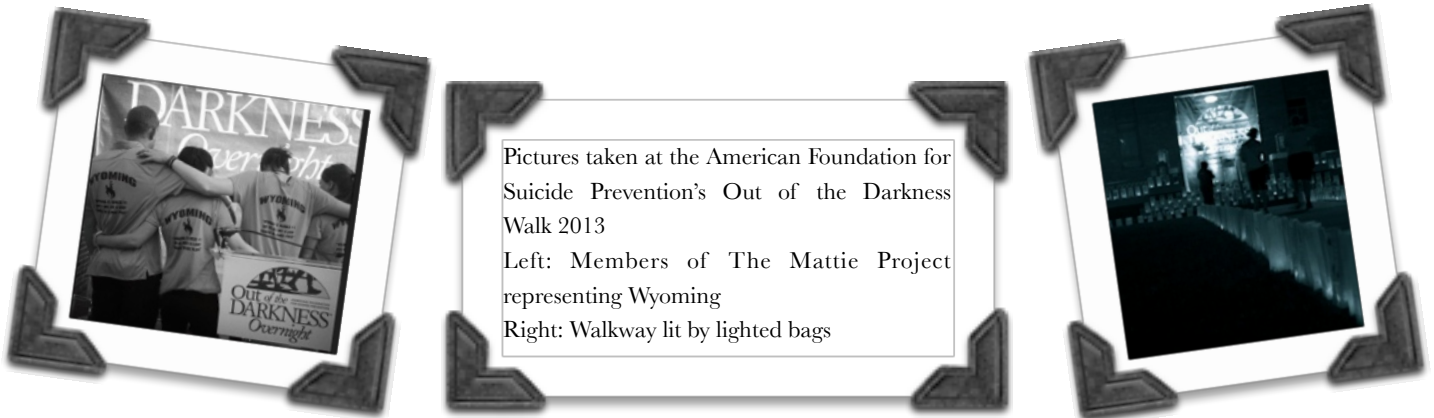
Get involved, show interest and support.

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They walk to bring awareness to the loss of their loved one, Matt Cundy, and to stop the silence of suicide in Wyoming.

To support the Mattie Project or to get more information about The Overnight, call 888-The-Overnight or visit [www.TheOvernight.org](http://www.TheOvernight.org)

If you or someone you know is in crisis or having thoughts of suicide, remember that help is available. For more information about suicide, such as risk factors and warning signs, visit [www.AFSP.org](http://www.AFSP.org).



Pictures taken at the American Foundation for Suicide Prevention's Out of the Darkness Walk 2013

Left: Members of The Mattie Project representing Wyoming

Right: Walkway lit by lighted bags

## Natrona County Suicide Prevention Task Force Members

**Charlie Powell - Chairperson**  
Central Wyoming Counseling Center

**Jean Davies - Recorder**  
Wyoming Meth Project

**Traci Gardner - Coordinator**  
Mercer Family Resource Center  
Natrona County Prevention Coalition

**B.J. Ayers**  
Wyoming Prevention Management  
Organization

**Marial Choma**  
Natrona County School District #1

**Dawn Cundy**  
The Mattie Project

**Dean Braughton**  
Natrona County School District #1

**Jan Cundy**  
The Mattie Project

**Julie Feiler**  
The Main Tale LLC

**Carol Hall**  
Wyoming Prevention Management  
Organization

**Keith Hotle**  
Wyoming Department of Health

**Connie Jacobson**  
County Coroner

**Afton Jennings**  
Mercer Family Resource Center  
Youth Empowerment Council

**Sally Keith**  
Natrona County School District #1

**Jadee Kroeger**  
Casper Police Department

**Dee Lundberg**  
United Church of Christ

**Lance Neiberger**  
Survivors Group

**Tammy Noel**  
National Alliance on Mental Illness of  
Wyoming

**Emily Genoff**  
Wyoming Behavioral Institute

**Julie Raines**  
Survivors Group

**Stephanie Powell**  
Casper Star-Tribune

**Nancy Sherwood**  
Natrona County School District

**Anastasia Sarbach**  
Clinician

**Jana Gurkin**  
Wyoming Prevention Management  
Organization

**Brock Shreve**  
Casper College

**Becky Spahn**  
National Alliance of Mental Illness of  
Wyoming

**Marilyn Dymond Wagner**  
Interfaith of Natrona County

**Teresa Wallace**  
Casper College

**Candy York**  
Casper Chamber of Commerce

**Megan Zaharas**  
Wyoming Prevention Management  
Organization