



“Suicide prevention is everyone’s business”

SNEAK PEAK INSIDE...

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A two day intervention level training to assist with suicide prevention.

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Survivors’ Support Group

Everyone can join Natrona County Suicide Survivors to support and be supported.

We would like to take this time to say

“Thank you!”

to the **Hotrod Hooligans Car Club** for their generous donation of \$11,400 to support the Natrona County Suicide Prevention Task Force. With these funds we are able to continue to provide information and encourage help seeking behaviors.

Their generosity also made the new

www.natronacountysuicideprevention.org

website dream a reality!

Visit the new website

www.natronacountysuicideprevention.org

or scan the QR code below



Like us on FaceBook

www.facebook.com/NCsuicideprevention

ASIST comes to Natrona County February 26th & 27th

ASIST, which stands for Applied Suicide Intervention Skills Training, is a comprehensive, two-day intervention-level training.

After attending an ASIST workshop, individuals will be able to identify at-risk persons, talk with them, link them to appropriate care, and be part of a team improving the community's response to suicide. ASIST training offers accredited continuing education and training hours for certain professions.

To learn more about ASIST or other training options call Carol Hall at (307) 472-5991.

Improve your mental and emotional health

http://www.helpguide.org/mental/mental_emotional_health.htm

People who are emotionally healthy are able to handle life's challenges, build strong relationships, and recover from setbacks. Just as it requires effort to build or maintain physical health; we must also put forth effort to improve our mental and emotional health. Improving your emotional health can benefit all aspects of your life, including boosting your mood, building resilience, and adding to your overall enjoyment of life.

What is mental health or emotional health?

Mental or emotional health refers to your overall psychological well-being. It includes the way you feel about yourself, the quality of your relationships, and your ability to manage your feelings and deal with difficulties.

See page 3 for tips on how to improve your mental and emotional health

Natrona County Suicide Prevention Task Force - Looking Ahead

Upcoming events & Dates to remember

April 2014

Night Life Dance:

Preventing suicide by spreading information and connecting youth to local resources

Natrona County Suicide Prevention Task Force strategic planning:

planning prevention efforts for the 2014 year

May 2014

Wyoming Suicide Prevention Conference:

May 6 & 7 2014 (see Save the date on page 4) providing information and connecting resources across Wyoming

September 2014

National Suicide Prevention Week:

September 7 - 13

Challenging our assumptions and moving forward together

Breaking the Silence Walk:

September 13

Walk to support awareness, reduce stigma, and prevent suicide

November 2014

AFSP Survivors of Suicide Day

November 22, 2014

Survivors come together to honor their loved ones

Hints & Tips for EVERYONE

Improve mental and emotional health by taking care of yourself

http://www.helpguide.org/mental/mental_emotional_health.htm

In order to maintain and strengthen your mental and emotional health, it is important to pay attention to your own needs and feelings. Do not let stress and negative emotions build up. Try to maintain a balance between your daily responsibilities and the things you enjoy. If you take care of yourself, you will be better prepared to deal with challenges if and when they arise.

Taking care of yourself includes pursuing activities that naturally release endorphins and contribute to feeling good. In addition to physical exercise, endorphins are also naturally released when we:

- Do things that positively impact others. Being useful to others and being valued for what you do can help build self-esteem.
- Practice self-discipline. Self-control naturally leads to a sense of hopefulness and can help you overcome despair, helplessness, and other negative thoughts.
- Learn or discover new things. Think of it as “intellectual candy.” Try taking an adult education class, join a book club, visit a museum, learn a new language, or simply travel somewhere new.
- Enjoy the beauty of nature or art. Studies show that simply walking through a garden can lower blood pressure and reduce stress. You could also achieving that by strolling through a park or an art gallery, hiking, admiring architecture, or sitting on a beach.
- [Manage your stress levels](#). Stress takes a heavy toll on mental and emotional health, so it is important to keep it under control. While not all stressors can be avoided, stress management strategies can help you bring things back into balance.
- Limit unhealthy mental habits like [worrying](#). Try to avoid becoming absorbed by repetitive mental habits—negative thoughts about yourself and the world that suck up time, drain your energy, and trigger feelings of anxiety, fear, and depression.

Want to support suicide prevention?

Join the Natrona County Suicide Prevention Task Force!

Meetings are held the 2nd Tuesday of each month at

8:00 a.m. at Mercer Family Resource Center

(535 W. Yellowstone)

For more information call Traci at 307-233-4277

WHAT EVERYONE SHOULD KNOW.

Depression, ongoing sadness, withdrawal from others, or losing interest in favorite activities are warning signs of suicide.

58% of kids report that someone has been hurtful or mean to them online. 21% have received a threatening message

Individuals who are suicidal may be hesitant to seek help and will probably need continued support to seek treatment. Decrease the negative stigma of help seeking, by being supportive of their decision to get help and asking for help when you need it.

Alcohol or drug abuse is a factor in approximately 30% of all suicides.

An estimated 160,000 kids stay home from school every day because of fear of being bullied.

Suicide is preventable.

The National Suicide Prevention Lifeline is a free, anonymous hotline for individuals who are having thoughts of suicide or for individuals who have friends/family who may be considering suicide.

1-800-273-TALK

1-800-273-8255



SAVE THE DATE!

May 7th & 8th 2014
Best Western - Ramkota Casper, WY

Information will be provided for:

- Medical professionals
- Teachers/educators
- First responders
- Mental health workers
- Peace officers
- Clinicians/providers
- Case managers
- AND MORE!

Suicide Prevention Topics Include:

- Patient management in rural settings
- Verbal de-escalation
- Suicide prevention with veterans
- Community collaboration
- Electronic assessment and apps
- AND MORE!



CEUs and Post Credits will be available

Support in Natrona County

Did you know that there is a support group in Casper for suicide survivors? The term “suicide survivor” can be defined as: 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***

This 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 benefit from this group.

For more information, contact Traci Gardner 233-4277.