



“Suicide prevention is everyone’s business”

SNEAK PEAK INSIDE...

PAGE 2

International Survivors of
Suicide Day: Saturday
November 23, 2013

Join together with thousands of others around the world for support and practical guidance on coping with the loss of loved one to suicide.

PAGE 3

What everyone should
know

Quick facts and information about suicide.

PAGE 3

Information for everyone

Information specific to employers and older adults about suicide prevention and awareness.

PAGE 4

Mental Illness and Suicide

What everyone should know about Mental Illness and suicide.

PAGE 4

Survivors Support Group

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

New look. Same Message.

Suicide prevention is everyone’s business.

The Natrona County Suicide Prevention Task Force is pleased to announce its new “look” by unveiling its new logo. (We hope you didn’t miss it...right at the top of this page!)

Creating a new look is always fun. In fact, there are a handful of television shows that are all about recreating, remodeling, and revitalizing. When we decided to create a new logo, appearance was of course, key. We want to get the attention from as many eyes as possible! But a logo cannot stand alone. Would Apple’s half-eaten logo mean *anything* if there were no heart or history or purpose to the brand? We needed to focus also on message and meaning, all while making an impression on whoever saw it. Our message remains clear “suicide prevention is everyone’s business”. But the meaning is better illustrated by the outreached hands, both offering help and receiving help. A logo has the hard task of conveying values, purpose and familiarity and excitement. We think our designer did a wonderful job!

Suicide prevention is all about reaching out, lifting up, and connecting to others. As task force members, we recognize that helping prevent suicide is a journey that is personal to everyone involved. However, we also recognize that if everyone doesn’t make it their business the negative stigma and the loss of lives to suicide will continue.

We hope this new logo will inspire you to reach out and help spread awareness; to make “suicide prevention everyone’s business”.

*See page 3 for information about getting involved.

Written by: Traci Gardner, Coordinator

American Foundation for Suicide Prevention's
15th Annual

International Survivors of Suicide Day

Saturday, November 23, 2013



**EVERY 40
SECONDS
SOMEONE IN
THE WORLD
DIES BY
SUICIDE.**

**EVERY 41
SECONDS
SOMEONE
IS LEFT TO
MAKE SENSE
OF IT.**

**INTERNATIONAL SURVIVORS
OF SUICIDE DAY**

**Thousands of survivors of
suicide loss gather together
around the world on this day
for mutual support &
practical guidance on coping
with grief.**

*"Before today, I didn't realize
that there are others out there
who feel exactly the way I feel."*

- Survivor from Alberta, Canada

If you have lost someone to suicide, please join us.

Location: HOPE Church 411 S. Walsh Casper, WY 82609

For information or to pre-register, contact: Mari Manthei-Robinson 307-277-5667,
email mari.robinson47@yahoo.com or Dawn Cundy at dawn@themattieproject.org.

Walk-ins are always welcome, but pre-registering will help us greatly in our planning.

Schedule:

10:45 a.m.: Check in and registration

11:00-12:30 p.m. AFSP's broadcast

12:30 p.m.: Closing ceremony

On this broadcast, a diverse panel of individuals bereaved by suicide will address the
questions that many survivors face: Why did this happen? How can I cope?

Where can I find support?

Information for everyone.

Things employers should know about suicide.

The suicide rates for men and women in the middle years have grown significantly during the last decade, while the rates for youth and older adults have decreased. Since the majority of people who die by suicide are working age, employers are key stakeholders in preventing suicide. Yet few managers have had any significant training in how to recognize people who are at risk for suicide and how to help them get the care they need. This article describes five key pieces of information related to mental illness, suicide, and suicide prevention in the workplace and six strategies that employers can use to promote mental health and prevent suicide. The strategies include training staff to become suicide prevention gatekeepers, promoting the National Suicide Prevention Lifeline, participating in national mental health screening days, and providing educational programs on mental illness and multimedia campaigns showing people who have successfully recovered from psychological distress. For further information on providing suicide prevention in the workplace, visit <http://www.workingminds.org/>.

by the Suicide Prevention Resource Center; The Weekly Spark

Suicide rates increase with age: information every older adult should know.

- Seeking help when in need is a sign of strength, not weakness
- Tapping into a support system such as your faith or spirituality can help keep you strong, focused, and connected to healing
- Depression and hopelessness are not a normal part of growing older
- By caring for your mental health and getting help when you need it, you can grow and enjoy life at any age.
- A contributing factor to suicide in older adults is undiagnosed or untreated depression. Early diagnosis and treatment can allow older adults to continue to live a full and productive life

Reprinted from: Natrona County Suicide Prevention Task Force newsletter, May 2006

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

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 about 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

Mental Illness and Suicide...

Every year, approximately 30,000 Americans commit suicide: the eighth-leading cause of death overall; and the third-leading cause of death among young people, ages 15 to 24. Ninety percent of all people who take their own lives suffer from severe mental illnesses. Suicide occurs because of biological factors in the brain that distorts rational thinking. It does not result from lack of character or courage. Yet ignorance and stigma endure.

It's everyone's business to know:

- People who die by suicide are frequently experiencing undiagnosed, under-treated, or untreated depression.
- An estimated 2-15% of persons who have been diagnosed with major depression die by suicide. Suicide risk is highest in depressed individuals who feel hopeless about the future, those who have just been discharged from the hospital, those who have a family history of suicide and those who have made a suicide attempt in the past.
- An estimated 3-20% of persons who have been diagnosed with bipolar disorder die by suicide. Hopelessness, recent hospital discharge, family history, and prior suicide attempts all raise the risk of suicide in these individuals.
- An estimated 6-15% of persons diagnosed with schizophrenia die by suicide. Suicide is the leading cause of premature death in those diagnosed with schizophrenia. Between 75 and 95% of these individuals are male.
- Also at high risk are individuals who suffer from depression at the same time as another mental illness. Specifically, the presence of substance abuse, anxiety disorders, schizophrenia and bipolar disorder put those with depression at greater risk for suicide.
- People with personality disorders are approximately three times as likely to die by suicide than those without. Between 25 and 50% of these individuals also have a substance abuse disorder or major depressive disorder.

Information taken from:

mentalhealth.samhsa.gov/suicideprevention/suicidefacts.asp

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.