

## **Casper and Natrona County Resources – Suicide**

Wyoming and Natrona County have some of the highest suicide rates in the United States. For the past 30 years, Wyoming has consistently been one of the states with the highest suicide rates per capita.

For survivors of suicide loss, the journey of healing can be lonely, painful and confusing. Survivors may feel stigmatized or ashamed as if the suicide was somehow their fault. They may feel abandoned or even blamed by friends and family struggling to provide the comfort and support needed. They may not know anyone who has experienced this tragedy and may feel that there is no one to talk with who can understand. The term “Suicide Survivor” is defined as either an attempt survivor or a loss survivor (one who lost a loved one).

This packet is designed to be a resource for both;

- Individuals and families who are suicidal or know someone who is struggling with suicidal thoughts.
- Family or loved ones left behind after a completed suicide.

In addition to the local resources listed in this letter, the following booklets may be helpful.

### **Information for those considering suicide and their families;**

- SAMSHA – A Journey Toward Health and Hope
- Holding on to Life Toolkit

### **Information for those that have lost a loved one to suicide;**

- Critical Incident Stress Management
- SOS – A Handbook for Survivors of Suicide

## **Local Resources**

The following resources are open to everyone, many are free of charge or have a sliding scale fee and can;

- Help survivors feel less isolated.
- Provide reassurance that healing is possible by introducing newer survivors to others that may be further along in their journey.
- Offer validation that grieving is expected and acceptable.
- Provide an opportunity to talk openly with other survivors who have experienced a suicide loss.
- Share community resources that may help with your healing.

**Casper Veterans Center** – Free counseling and benefits assistance for veterans and their families that have served in any combat zone. The Casper office is located at 1030 N Poplar Street, Suite B. The local phone number is 307.261.5355. There is a toll-free suicide hotline available for Veterans anytime day or night at 1.877.927.8387 (1.877-WAR-VETS).

**Central Wyoming Counseling Center (CWCC)** – A corporate 501(c)3 nonprofit organization located at 1430 Wilkins Circle providing numerous mental health services including;

- Comprehensive Crisis Stabilization Services for individuals, families and appropriate third-party groups.
- An in-house crisis stabilization unit that is an alternative to hospitalization.
- Counseling for individuals and families.
- Same day counseling for crisis situations Monday thru Fridays 9:00 am till 2:00 pm.
- 24-hour availability

All insurance is accepted, and fees are available on a sliding-scale basis depending on family income. Call 307.237.9583

**Community Health Center of Central Wyoming (CHCCW)** – A corporate 501 (c)3 organization located at 5000 Blackmore Road providing numerous services including;

- Family medicine, laboratory, pharmacy, dental and occupational health services,
- Mental and emotional health services including; evaluation and assessment, case management, therapeutic interventions and prescription/medication management.

All insurance is accepted, and fees are available on a sliding-scale basis depending on family income.

**Drews Decision** – A private 501(c)3 nonprofit organization providing free or discounted services needed in order to move forward after a suicide. This help can be assistance with planning memorial services, working with funeral homes, site cleanup, help with obtaining social security benefits for children, referrals to licensed counselors and someone to talk to that has experienced suicide. Services vary and may not all be available at all times. Contact Mari Manthei-Robinson at 307.277.5667, email @ [www.drewsdecision@yahoo.com](mailto:www.drewsdecision@yahoo.com) , Facebook or Twitter @drewsdecision11.

**JR's Hunt; for Life** – Provides Facebook support as well as two grief support groups. Both groups are open to the public, are confidential and free. The Facebook address is jr'shuntforlife, the website is [www.jrshuntforlife.org](http://www.jrshuntforlife.org). The support groups meet on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of each month at the 12-24 Club 500 S. Wolcott St. on the second floor starting at 5:30 pm. Contact Jenny Hunter @ 307.259.6032.

**Natrona County Suicide Prevention Task Force** – Organized under a 501C-3 non-profit organization (Mercer Family Resources). It is a collaboration of most local organizations that provide suicide prevention or support services. The mission is to reduce suicide rates by providing information and encouraging action. It is made up of more than 40 individuals from various organizations working together to provide;

- Education and training;
- Awareness events and activities;
- Media and marketing information;
- Lobbying and advocating for suicide prevention
- Suicide Survivor Support Group - Meets the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of each month at 1032 East first Street from 6:30 – 8:00 pm. Open to anyone dealing with suicide or suicidal thoughts, free of charge and confidential. Coordinators for the group are suicide loss survivors and have been trained by the AFSP.

Generally, services are free due to the generous donations of many people and organizations.

The Task Force meets the second Tuesday of each month (except July) on the second floor of the Mercer Family Resource Center, 535 W Yellowstone Highway. The meetings begin at 11 a.m. and usually last one hour. The meetings are open to the public. The website is <https://natronacountysuicideprevention.org/> Contact 307.265.7366.

**Mental Health Professional List** – A list maintained by Wyoming Behavioral Institute available online at <https://natronacountysuicideprevention.org/> . The list includes mental health professionals in Casper offering individual and family therapy, psychological testing, psychiatric care and substance abuse treatment. A listing of the area of specialty may help direct you to appropriate care.

**NAMI Casper** - A non-profit organization that provides support, education and advocacy throughout the Natrona County area on behalf of individuals and families affected by mental illness. NAMI Casper is located with NAMI Wyoming at 240 S. Wolcott Suite 134 Casper, Wyoming. You can contact us at (307) 265-2573 or 1-888-882-4968 or [www.namicasper.org](http://www.namicasper.org).

**Wyoming Behavioral Institute** – A 85 bed psychiatric hospital located at 2521 E. 15th St. in Casper. WBI provides acute and residential trauma-informed care for children, adolescents adults and seniors. A 24-hour information, referral and crisis is offered to assist hospitals, individuals, families, law enforcement and others seeking immediate access to assessment and care when faced with a psychiatric crisis. Confidential level of care assessments are provided at no charge. Treatment is covered by most insurances. Call 800-457-9312 for more information.

**Additional resources are online at the Natrona County Suicide Prevention Task Force website; <https://natronacountysuicideprevention.org/>**