

Protect farm families through education and training...



~“To farmers, ‘the land is everything.’ Ownership of a family farm is the triumphant result of the struggles of multiple generations....” -Rosmann, 2003.

~This too, is one of those struggles that together, as a community, we will all work to support farmers and all of those that are working so hard to get the irrigation water back on! Their well-being is critical.....physically, mentally, emotionally, spiritually and financially.

~According to the CDC, WY currently ranks 5th in the nation for suicide deaths

~In WY, our greatest at-risk population remains middle aged men. **WARNING SIGNS, FOR ANYONE, CAN INCLUDE, BUT ARE NOT LIMITED TO:**

- talking about being a burden to others
- experiencing loss (employment, financial, property, family member, friend, pet, driver's license)
- withdrawing from activities
- feeling isolated from family, friends, and community
- sleeping too much or too little
- increased use of substances (including alcohol)
- experiencing moods such as depression, loss of interest, rage, irritability, anxiety or any other significant mood change, including suddenly seeming “calm”

WHAT SHOULD YOU DO (www.qprinstitute.org):

NEVER LEAVE A SUICIDAL INDIVIDUAL ALONE!

- Make sure you are safe and all possible weapons are removed
- Reach out, asking about suicide DOES NOT increase risk
- Listen, talking things out can save a life
- Don't do this all by yourself, get other safe people involved
- Don't promise secrecy and don't worry about being disloyal
- Call your local mental health center or emergency services
- Families, friends, neighbors develop safety plans, with professionals, to help support those you are concerned about

TRUST YOUR GUT! IF YOU THINK SOMEONE NEEDS SUPPORT, THEY PROBABLY DO!

IN AN EMERGENCY DIAL 911

Local and State Resources:

-Text WYO to 741 741 for a trained professional to text with you

-Peak Wellness Center:

- Goshen County / Torrington: (307) 532-4091
- Albany County / Laramie: (307) 745-8915
- Laramie County / Cheyenne: (307) 634-9653
- Platte County / Wheatland: (307) 322-3190

-School Counselors

-Private Local Therapists

- <https://health.wyo.gov/publichealth/prevention/wivpp/suicide-prevention/>

National and International Resources:

-National Suicide Lifeline-800-273-8255(TALK)

-Veteran Crisis Line- 800-273-8255 and Press "1", veteranscrisisline.net/chat , or text to 838255

-International Association for Suicide Prevention- [iasp.info/resources/crisis_centres](https://www.iasp.info/resources/crisis_centres)

-Trans Lifeline at (877) 565-8860

-The Trevor project for LGBTQ individuals-866-488-7386

If you are interested in hosting or attending a suicide prevention training, please contact Lynette Saucedo, Certified Prevention Specialist, at 307-534-6566 or email lynettesaucedo@yahoo.com