Suicide rates in Wyoming are consistently higher than the US rates. Suicide rates are increasing. The Wyoming suicide rate has significantly increased from 17 deaths per 100,000 in 2004 to 24 deaths per 100,000 in 2016.

**Methods of suicide vary by gender.**

Men are more likely to use violent methods of suicide than women.

**The Warning Signs of Suicide**

The more warning signs a person shows, the higher the risk of suicide. Some warning signs can include:

- Talking about being a burden to others
- Increased use of alcohol or drugs
- Feeling isolated from family, friends, and community
- Sleeping too much or too little
- Experiencing moods such as depression, rage, or anxiety

**Suicide Prevention**

The Wyoming Injury and Violence Prevention Program continues to lead collaborative efforts on suicide prevention throughout the state by hosting suicide prevention gatekeeper training and providing technical assistance to local communities.

**The Estimated Combined Lifetime Work Loss and Medical Cost per Suicide in Wyoming in 2015.**

|$1.3$ MILLION

**On average, one person dies by suicide in Wyoming every two days.**

**Suicide Prevention Resources**

- Call 1-800-273-TALK (8255)
- Text 'WYO' to 741741
- Chat SuicidePreventionLifeline.org

**References**

If you have any question about suicide prevention in Wyoming, please contact Sarah Spafford at 307-777-2923 or sarah.spafford@wyo.gov.


**Wyoming Vital Statistics Services.** [2004-2016].

**Wyoming Hospital Discharge Data.** [2009-2015].
