The Prevention Works campaign is designed to engage, educate and empower our employees to better utilize the extensive benefits available to you as a Larimer County employee designed to detect, reduce and manage chronic disease conditions.

This quarter, our focus is...

MENTAL & EMOTIONAL WELL-BEING

Mental illness is not hiding in the margins of our society. It is hidden in plain sight - in our homes and workplaces, schools and shops, hospitals and jails.

The average lifespan of someone with a mental illness is decreased by 25 years. And, tragically, someone in Larimer County commits suicide every 6 days.

Learn more about Larimer County’s Mental Health Matters campaign. larimercountymentalhealth.info/

It’s time to Stamp Out Stigma around mental illness!

NEXT QUARTER’S FOCUS: HEALTH COACHING & LIFESTYLE EDUCATION

Mental Health Resources

National Alliance for Mental Illness (NAMI) has a Larimer County Chapter, which offers ongoing support groups for individuals with family members who have mental illness. nami.larimer.org.

COMING JANUARY 2018: TELADOC BEHAVIORAL HEALTH APPOINTMENTS FROM HOME, $10 CO-PAY

REQUEST A VISIT
Schedule an appointment with a licensed therapist anytime online, or through the mobile app.

CHOOSE A THERAPIST
Select a therapist based on specialty, location, language, gender, and ability to prescribe medication.

SELECT A DATE AND TIME
Choose your preferred date and time, and get a confirmation from the therapist within 72 hours.

teladoc.com/behavioral-health/ • 1-800-Teladoc • teladoc.com/mobile/

REMINDER: ComPsych is available for Larimer County employees, and offers 6 free counseling sessions (per issue/per year) for benefit eligible employees and members of your household. Online and phone access, available 24/7.
www.guidanceresources.com 1-800-272-7255

MENTAL HEALTH SCREENING: ARE YOU AT RISK?
Taking a mental health screening is one of the quickest and easiest ways to determine whether you are having symptoms of a mental health condition.

• www.mentalhealthamerica.net/mental-health-screening-tools
**SUICIDE STATISTICS AND INFORMATION**

**HIGHEST SUICIDE RATES IN LARIMER COUNTY BY AGE**

**WOMEN: AGES 51-60**

**MEN: AGES 18-30 & 41-50**

Note: Men are far less likely than women to access available mental health services.

**IF YOU OR SOMEONE YOU KNOW IS STRUGGLING, CALL THE SUICIDE HOTLINE.**

1-800-273-TALK (8255)

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**DID YOU KNOW?**

In Larimer County:
- Suicide rates are twice as high in December.
- 28% of suicide victims were getting mental health treatment.
- In 2016, Larimer County had: 83 suicides total (69 male/14 female).
- 54 of which were from Gunshot Wounds (65%).
- 18 of which were from Asphyxiation by Hanging (22%).
- 6 of which were from Drug Overdose (7%).

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**WARNING SIGNS**

**BEHAVIOR:**
- Increased use of alcohol or drugs
- Isolating from family and friends
- Sleeping too much or too little

**MOODS:**
- Loss of interest
- Rage
- Irritability
- Anxiety

**HOW TO GET HELP**

- Alliance for Suicide Prevention
  [http://allianceforsuicideprevention.org](http://allianceforsuicideprevention.org)  (970) 482-2209

- SummitStone Walk-In Crisis Center
  1217 Riverside Avenue, Fort Collins
  (970) 494-4200

- National Suicide Prevention Lifeline
  [https://suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

- Lifeline Crisis Chat
  [chat.suicidepreventionlifeline.org](chat.suicidepreventionlifeline.org)

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**Suicide Rate per 100,000 (2016)**

<table>
<thead>
<tr>
<th>Year</th>
<th>Overall Rate</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>United States</td>
<td>19.4</td>
<td>21</td>
<td>5.6</td>
</tr>
<tr>
<td>Larimer County</td>
<td>21.5</td>
<td>29.2</td>
<td>9.8</td>
</tr>
<tr>
<td>Larimer County</td>
<td>13.26</td>
<td>12.6</td>
<td>5.8</td>
</tr>
</tbody>
</table>

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**LEADING CAUSE OF DEATH**

1. **for ages 10-14**
   - Suicide (29.2)

2. **for ages 15-44**
   - Drug Overdose (21)

3. **for ages 45-54**
   - Suicide (21.2)

4. **for ages 55-64**
   - Suicide (13.26)

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**IF A PERSON THREATENS SUICIDE**

1. Take the person seriously
2. Stay with them
3. Help them remove lethal means
4. Call the National Suicide Prevention Lifeline
5. Text TALK to 741741 to text with a trained crisis counselor from the Crisis Text Line for free, 24/7
6. Escort them to mental health services or an emergency room

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**RISK FACTORS**

- Depression
- Bipolar disorder
- Schizophrenia
- Anxiety disorders
- Substance abuse disorders
- Serious or chronic health condition and/or pain

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**HEALTH FACTORS**

- Stressful life events (death, divorce, job loss)
- Prolonged stress factors (harassment, bullying, relationship problems, unemployment)
- Access to lethal means (firearms, drugs)
- Exposure to another person’s suicide

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**ENVIRONMENTAL FACTORS**

- Previous suicide attempts
- Family history of suicide attempts