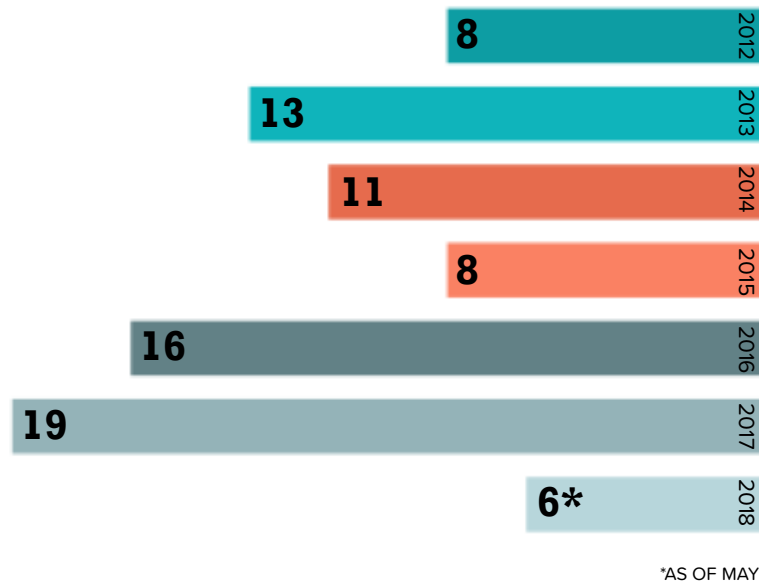


Did you know that La Plata County has a higher rate of suicide deaths than Colorado and the nation? **The La Plata County Suicide Prevention Collaborative** is a group of concerned community members and organizations working together to reduce suicide attempts and deaths in our communities. We're inspiring hope and positive change across the community. This includes hosting trainings, sharing health and wellness information, and identifying opportunities for accessing behavioral health resources.

We believe in supporting all individuals to thrive and live with a sense of wellbeing through school, family, community, faith, and beyond. Together we are striving to prevent mental health challenges, bring awareness to the issue of suicide, and connect those who are struggling to helpful resources.

For every suicide completion in Colorado, there are **25** attempts.

**SUICIDE DEATHS BY YEAR  
2012-2018**



\*AS OF MAY

**RATE OF SUICIDE  
(per 100,000 pop.)**

	<b>2016</b>	<b>2017</b>
La Plata County	29	34
Colorado	20	n/a
National	14	n/a

In 2016, the national suicide rate (per 100,000 pop) was 14, in Colorado it was 20, and in La Plata County it was 29, far above the state and national rates. In 2017, La Plata County's rate jumped to 34. Data is not yet available for 2017 state and national rates.

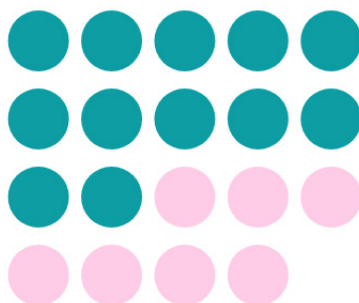
Data in the La Plata County Suicide Report collected from the La Plata County Coroner and American Foundation for Suicide Prevention.

**DEATHS BY SUICIDE - 2017**

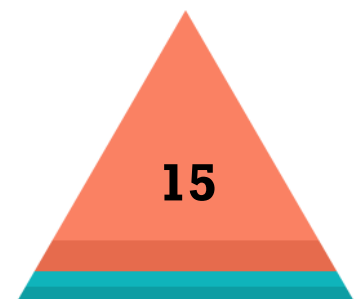
**19 COMPLETIONS**



AGE RANGE:  
**14 TO 76** YEARS



**12** OF **19** WERE MALE.



**15**  
MOST COMMON METHOD INVOLVED A FIREARM.

SJBPH is working with partners on both immediate and long-term efforts to reduce suicides in the region.

- » **Promoting the Let's Talk campaign** – mental health stigma reduction campaign to promote conversation, and provide resources to those struggling with mental health challenges.
- » **Providing Brief Suicide Intervention Training (BSIT)** - training for non-experts interested in learning how to intervene with someone who might be suicidal.
- » **Building suicide awareness** – ongoing sharing of information through various communication channels and outreach efforts to educate residents on available resources and suicide prevention information.
- » **Collective Impact Suicide Prevention Process** – a community-based, multi-sector process to reduce the suicide rate in the region through aligned agendas and strategic planning.
  - » Steering committees have been formed to guide the process.
  - » Suicide Awareness, Suicide Prevention, Protocol of Care, Training, Community Response to Suicide, and Youth Involvement workgroups meet regularly.
  - » Strategic Planning: A broad range of stakeholders met to generate ideas on interventions to address suicide, and then prioritized the interventions.
  - » Additional grant funding has been secured through the Colorado Health Foundation to provide Collective Impact training for key stakeholders involved in the community-based process.

## GET INVOLVED

Our communities need suicide prevention champions! Join the movement to reduce suicides in the region:

- » **Help promote suicide awareness and stigma reduction.** Learn about the Let's Talk campaign and share the information with friends and family. LetsTalkCO.org. Call 970-335-2091 to help distribute materials.
- » **Take the Brief Suicide Intervention Training (BSIT).** Call 970-335-2091 to sign up for the hour-long training. Recruit friends, family, coworkers to join you!
- » **Get involved in the community-based efforts by joining a workgroup.** This is where the suicide prevention work gets done! Call 970-335-2091 for more information.
- » **Connect.** Reach out to anyone you see who may be struggling or seems lonely. Social connection is key to reducing suicides.



## COMMUNITY PARTNERS

The **La Plata County Suicide Prevention Collaborative** works with numerous cross-sector individuals and organizations.

These include: health care providers, school districts, behavioral health organizations, veterans, public health agencies, human services, therapists, youth-serving organizations, faith-based organizations/churches, suicide survivor family members, grief support groups, law enforcement, first responders, concerned community members, and more.

## CONNECT

### For more information visit

[SJBPublicHealth.org/SuicidePrevention](http://SJBPublicHealth.org/SuicidePrevention)

[Twitter.com/SJBPublicHealth](https://twitter.com/SJBPublicHealth)

[Facebook.com/SJBPublicHealth](https://facebook.com/SJBPublicHealth)

[LetsTalkCO.org](http://LetsTalkCO.org)

Colorado Crisis Services

1-844-493-TALK (8255)

Text "TALK" to 38255

National Suicide Prevention Lifeline

1-800-273-TALK (8255)