Prevention Resources:
Self-Directed Harm

Resource	Link	Contents
University of Wyoming: Suicide Prevention	https://www.uwyo.edu/ucc/suicide-prevention/suicide-prevention-resources.html University Counseling Center Call: 307-766-2187 (M-F: 8-5) After Hours: 307-766-8989	**SUICIDE PREVENTION RESOURCES** **Local Crisis Prevention** UW Counseling Center, UW Student Health, Laramie Suicide Prevention Hotline; National Suicide Prevention Lifeline; Crisis Text Line; Veterans Crisis Line; Trevor Lifeline (LGBTQ)
The Wyoming Injury & Violence Prevention Program	https://health.wyo.gov/publichealth/prevention/wivpp/self-harm-awareness/ (307) 777-7656 | (866) 571-0944 Please note: The Wyoming Injury and Violence Prevention Program does not offer crisis counseling or emergency services.	The mission of the Wyoming Injury & Violence Prevention Program is to coordinate state and local efforts to prevent unintentional and intentional injury and violence through public awareness, training, and system change.
Family Crisis Center 24-Hour Hotline	https://findahelpline.com/organizations/family-crisis-center-24-hour-hotline Call: 307-684-2233	Family Crisis Center 24-Hour Hotline is dedicated to providing 24/7 free and confidential support by phone.
Wyoming Behavioral Institute	https://wbihelp.com/ Call: 800-457-9312	Wyoming Behavioral Institute is a psychiatric hospital in Casper, Wyoming, that offers inpatient care for **children**, **adolescents** and **adults**. A 24-hour hotline is maintained to assist hospitals, individuals, families, law enforcement and others seeking an immediate response when faced with a psychiatric crisis.
National Alliance on Mental Health	https://healthyparkcounty.org/resources/ Call: 800-950-NAMI	Treatment for Self-Harm and support groups, crisis and support lines.
988 Suicide & Crisis Lifeline	https://988lifeline.org Call or Text: 988 (Military/Veterans: Press 1)	Can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.
AgWell	https://agwell.org/wyoming-resources/ WY AgriStress Helpline: 833-897-2474 Crisis text line: text “WYO” to 741-741 Farmy & Rural Stress Hotline: 1-800-691-4336	Comprehensive website of resources for farmers dealing with high stress levels for any reason in rural Wyoming

24/7 CONFIDENTIAL
SUICIDE & CRISIS LIFELINE
CALL/TEXT: 988
(MILITARY/VETERANS PRESS 1)