

## WHAT WE DO:

Our primary mission is to eliminate suicide in Waupaca County. WCSPC has sponsored several events with the intent of getting the word out that HELP IS AVAILABLE.

- Annual Walk for Awareness
- Annual Guest Speaker
- Question Persuade Refer (QPR) Suicide Prevention Training

## WHO WE ARE:

The Waupaca County Suicide Prevention Coalition (WCSPC) was established in December 2011 by concerned county residents following a rash of suicides. The coalition has more than 20 volunteers, ranging from counselors and social workers to nurses, veterans' specialists, police officers, clergy, and community specialists. Several of our team members have lost friends or relatives to suicide.

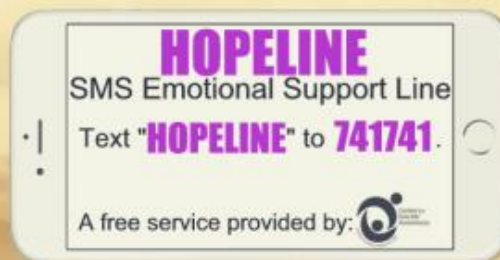
## SUICIDE FACTS:

- **Waupaca County lost 36 persons to suicide between 1/1/14 and 12/31/17, ranging in age from teens to 80s. Most were male and the most common cause of death was gunshot. More females attempt, more males complete due to using more lethal means, often guns.**
- **More than 730 Wisconsinites die by suicide each year. The highest rate of suicide deaths is white males aged 45-54.**
- **Intervention is KEY – If someone intervenes, most suicidal people will not continue on with their plan to die.**
- **15 seconds: believed to be the time it takes a suicidal person to change his or her mind about dying. Many suicides are driven by impulsivity.**
- **1 in 33 children struggle with depression.**
- **There are more suicides than homicides annually in Wisconsin. The Wisconsin suicide rate is 1/3 higher than the national average. Particularly at high risk for suicide attempts are members of the LGBTQ community and veterans.**
- **Suicide is the 10th leading cause of death in U.S.**



# Help is Available

- Resources are available to help persons considering suicide as well as people who are trying to stop suicides. Do not risk harm to yourself – if in doubt about what to do, call 911!
- Call Waupaca County Crisis Line 715-258-6300 M-F 8a-4p & 1-800-719-4418 any other time
- Call National Suicide Prevention Hotline where trained operators are available to help 24/7 1-800-273-TALK (8255)
- ThedaCare Behavioral Health 920-720-2300
- Ascension Behavioral Health 715-258-8459
- For kids & teens in distress, call the new Catalpa office in Waupaca Woods Mall at 920-750-7000



NAMI (National Alliance on Mental Illness) provides local emotional support groups for persons struggling with depression. Call Monday through Thursday from 9a-4p. (920) 954-1550

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EST 2011

## WAUPACA COUNTY SUICIDE PREVENTION COALITION (WCSPC)

NON-PROFIT ORGANIZATION

FACEBOOK.COM/WAUPACACOUNTY SUICIDEPREVENTIONCOALITION