PREVENTION WORKS
engage • educate • empower

INTRODUCING

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!

STAMP OUT STIGMA

NEXT QUARTER'S FOCUS:
HEALTH COACHING & LIFESTYLE EDUCATION

DID YOU KNOW?

- **1** in **5** adults in America experience a mental illness.
- Nearly **1** in **25** (10 million) adults in America live with a serious mental illness.
- **50%** of all chronic, mental illnesses begins by the age of 14; **75%** by the age of 24.

1.1% — 1 in 100 (2.4 million) Americans adults live with schizophrenia.

2.6% — 2.6% (6.1 million) American adults life with bipolar disorder.

6.9% — 6.9% (16 million) American adults live with major depression.

18.1% — 18.1% (42 million) American adults live with anxiety disorders.
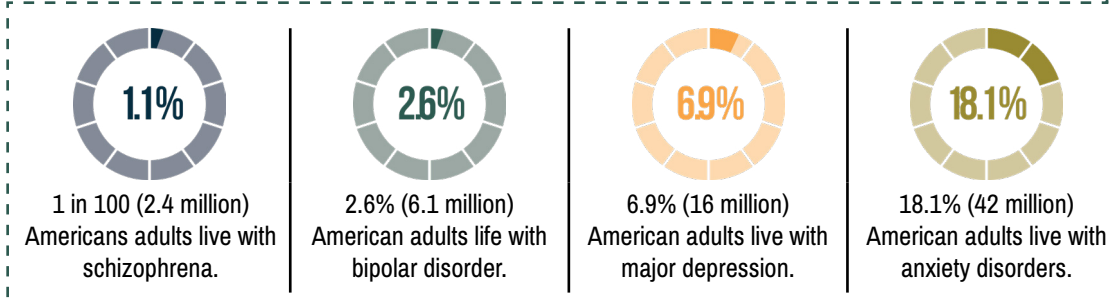
COMING JANUARY 2018:
TELADOC BEHAVIORAL HEALTH APPOINTMENTS FROM HOME, $10 COPAY

TELADOC™
"Get peace of mind from the comfort of home."

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

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

3 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/

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.

ComPsych — The GuidanceResources Company®

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
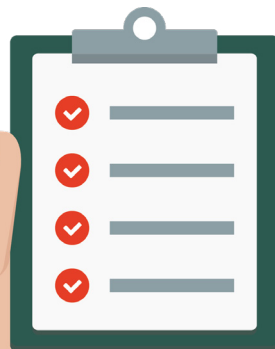
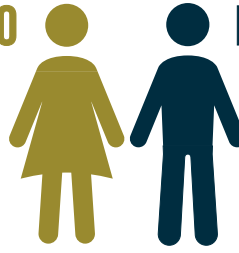## MENTAL HEALTH SCREENING: ARE YOU AT RISK?

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)

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 Asphixia by Hanging (22%)
  - 6 of which were from Drug Overdose (7%)

WARNING SIGNS

TALK (If a person talks about):
- Being a burden to others
- Feeling trapped
- Experiencing unbearable pain

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

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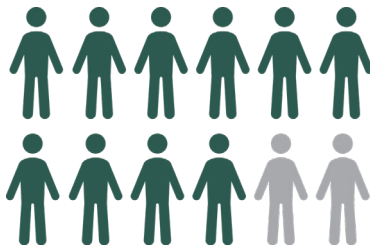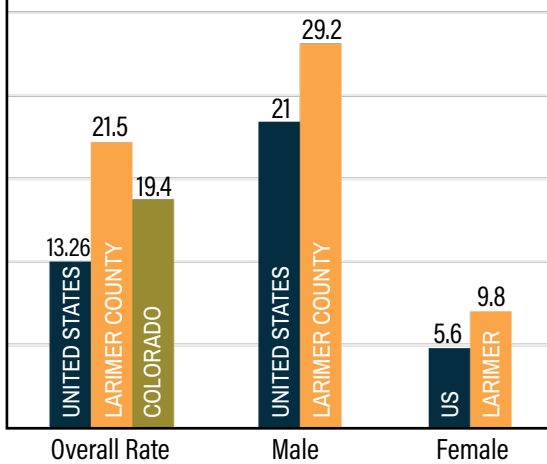- Anxiety

HOW TO GET HELP

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

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

National Suicide Prevention Lifeline
https://suicidepreventionlifeline.org

Lifeline Crisis Chat
chat.suicidepreventionlifeline.org

Suicide Rate per 100,000 (2016)

Overall Rate			Male		Female	
UNITED STATES	LARIMER COUNTY	COLORADO	UNITED STATES	LARIMER COUNTY	US	LARIMER
13.26	21.5	19.4	21	29.2	5.6	9.8

Five times as many people die by suicide in Colorado annually than from homicide.

1st LEADING CAUSE OF DEATH for ages 10-14

2nd LEADING CAUSE OF DEATH for ages 15-44

4th LEADING CAUSE OF DEATH for ages 45-54

6th LEADING CAUSE OF DEATH for ages 55-64

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

RISK FACTORS

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

ENVIRONMENTAL
- 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

HISTORICAL FACTORS
- Previous suicide attempts
- Family history of suicide attempts