

Benefits of Counseling

Some of the benefits of seeking counseling are:

- Reviewing the incident and processing the event can help you clarify what actually occurred.
- The discussion of legal and judicial decisions can be utilized as part of the promotion of healing and resolution.
- Counseling can help develop coping skills and strategies—allowing for the continuance of school, work or relationships.
- Establishment of a support network can help to decrease the negative physical, psychological and emotional effects that often result from grief.

Survivors can utilize the experience and their grief as an opportunity to practice confidence and assertiveness, and reduce isolation.

Who can help?

The Victim Advocate within the Laramie County Sheriff's Office can provide assistance with information about your case status, Crime Victims' Rights, Crime Victim Compensation, navigation of the criminal justice system and referrals to appropriate helping professionals or organizations according to your specific needs.



Resources

Laramie County Coroner's Office
3964 Archer Parkway
Cheyenne, WY 82009
307-633-4513

WYDOT
Accident Records
5300 Bishop Blvd.
Cheyenne, WY 82009
307-777-4450

Laramie County Sheriff's Office
1910 Pioneer Avenue
Cheyenne, WY 82001
307-633-4700

Hospital:

Cheyenne Regional Medical Center
214 E. 23rd Street
Cheyenne, WY 82001
307-634-2273

Grief Support :

Griefcare
307-632-3485

Serious Traffic Incidents & Fatalities

Laramie County Sheriff's Office
Danny L. Glick Sheriff
307-633-4700



Name/ID Number:

Direct Number:

Mailing Address:

1910 Pioneer Avenue
Cheyenne, WY 82001

When an unexpected serious injury or death occurs, it can be a very confusing and traumatic event for those involved. This information is intended to help you understand what happens after a serious injury accident or fatality and who to contact for more assistance.

What happens at the scene of a serious accident?

After an accident with serious injuries occurs, first responders are usually on scene: EMS paramedics, firefighters, and law enforcement personnel to assess the situation. Depending on the severity of their injuries, patients might be transported to the hospital via ambulance. In very serious cases, survivors could also be transported by the Flight for Life Helicopter to the nearest appropriate level trauma center.

Helpful Numbers:

Cheyenne Regional Medical Center
307-634-2273
214 E 23rd Street
Cheyenne, WY 82001

The Victim Advocate may be called to the scene of the incident or to the hospital to provide crisis services to the family and survivors. The Victim Advocate may also accompany the Coroner to notify next-of-kin if there has been a death. The Victim Advocate can offer support, assistance contacting loved ones, answer about the process, and provide needed information about funeral services and grief resources.

What happens with the investigation?

If the accident is serious or results in death, the Laramie County Sheriff's Office will conduct an investigation.

Any questions related to the investigation of a traffic fatality should be directed to the Laramie County Sheriff's Office 307-633-4700

What if the accident results in a death?

The Coroner's Office will be contacted for transport of the body upon completion of the on-scene investigation. When there is a need to establish cause of death or in cases where criminal proceedings may follow, the Coroner's Office will perform an autopsy.

Laramie County Coroner's Office
307-633-4513

How is a funeral arranged?

If you do not already have a funeral home selected, the Victim Advocate may provide you with a list of local funeral homes. Once you have selected a funeral home, notify them that the death is being handled by the Coroner's Office. After concluding their examination, the Coroner's Office will contact legal next-of-kin to make arrangements for transport of the body to the funeral home.

If family and friends are not financially prepared for funeral arrangements, the Victim Advocate is available to help with resource information for qualifying cases.

Common Reactions

A major traumatic incident can cause feelings of grief. Grief is a normal response to loss, yet it sometimes produces emotional and physical reactions which can be alarming. Not all of these reactions are healthy and some may need to be changed, but they are all understandable and do not mean the person experiencing them is "crazy" or that their feelings are "wrong." No two people grieve the same.

Emotional Reactions

- Anger
- Fear
- Extreme sadness
- Loneliness
- Detachment/Lack of emotional response

Physical Reactions

- Difficulty sleeping or sleeping too much
- Unintentional changes in eating habits
- Significant and unintentional weight loss or weight gain
- Increased susceptibility to illness

Behavioral Reactions

- Lack of motivation for daily activities
- Lack of concentration or memory
- Increased irritability
- Unpredictable bouts of crying or screaming
- Panic/anxiety attacks
- Wanting to talk about the deceased
- Worrying about talking about the deceased too much
- Increased use of alcohol, prescription drugs, or street drugs to help you cope

These responses will likely diminish with time. However, if your reactions are especially long lasting or troubling, you may need to consult with a helping professional for assistance.