Are you worried about someone in your life?

Do you know the warning signs of someone thinking about suicide?

Do you want to know the resources available to you and your loved one?

In 2016, 1,156 people died by suicide in Colorado. Of these, 70 percent showed warning signs before they took their lives.

Suicide is preventable.

This brochure can help you recognize the warning signs in a family member, friend, or anyone else in your life, and find the resources you need to get help.

Community Resources

**Jefferson Center for Mental Health**  
303-425-0300  
Mental health support

**Colorado Crisis Services**  
1-844-493-TALK (8255)  
24/7/365 confidential mental health and substance use crisis intervention and support

**Arapahoe House**  
303-657-3700  
Alcohol and drug treatment

**Family Tree**  
303-420-6752  
Domestic violence and shelter crisis hotline

**Jefferson County Sheriff’s Office Victim Services**  
303-277-0211  
Serving unincorporated Jefferson County

**Lakewood Police Victim Services**  
303-987-7191  
Serving victims of crime in the City of Lakewood

**Second Wind Fund**  
720-962-0706  
Free counseling for children (19 & under) at risk for suicide

** Victim Outreach Incorporated**  
303-202-2196  
Victim services for Arvada, Edgewater, Golden, Lakeside, Morrison, Mountain View, Wheat Ridge & Colorado School of Mines

**Clear Creek County Advocates**  
303-679-2426  
Office 303-679-2393

**Gilpin County Victim Services**  
303-582-5926  
24/7 crisis response and victim assistance

**Centennial Peaks Hospital**  
303-673-9990  
2255 South 88th Street, Louisville

**Children’s Hospital Colorado**  
720-777-1234  
13123 East 16th Avenue, Aurora

**Littleton Adventist Hospital**  
303-730-8900  
7700 South Broadway, Littleton

**Lutheran Medical Center**  
303-425-4500  
8300 West 38th Avenue, Wheat Ridge

**Saint Joseph Hospital**  
303-837-7111  
1375 East 19th Avenue, Denver

**St. Anthony Hospital**  
303-321-4100  
11600 West 2nd Place, Lakewood

**St. Anthony North Health Campus**  
303-426-2151  
2551 West 84th Avenue, Westminster

**Swedish Medical Center ER**  
303-932-6911  
6196 South Ammons Way, Littleton

When I am feeling suicidal, I can also call:

Name______________________________________________

Telephone Number__________________________________
SUICIDE INTERVENTION GUIDELINES

1. Observe

Look for These Risk Factors and Warning Signs

- Feeling depressed/hopeless
- Feeling helpless
- History of depression
- Previous suicide attempt
- Feelings of isolation and/or withdrawal
- Lack of support
- Unexplained mood improvement
- Sadness/crying
- Change in appetite, sleeping
- Low energy
- Difficulty concentrating
- Loss of interest in activities
- Slipping grades or work
- Feeling angry or irritable
- Alcohol or drug use
- Feeling guilty for no reason
- Talking or joking about suicide or death (ie: “Everyone would be better off without me” or “I wish I were dead.”)
- Giving away possessions
- Careless, high-risk behavior
- Making a suicide plan
- Job or financial loss
- Loss of an important relationship
- Major physical illness

2. Ask

When you see someone showing one or more of the risk factors or warning signs

ASK DIRECTLY...ARE YOU THINKING OF KILLING YOURSELF?

**If you feel unable to ask the question yourself, please find someone who can**

KEEP IN MIND

- Most people do NOT really want to die. They simply want to end the pain.
- People can move quickly from “low risk” into a state of crisis.

REMAIN CALM

- Listen carefully and be alert
- Ask directly about suicide
- Take action and get help

3. Listen

Put your own “stuff” aside and listen with both your ears and your heart. Avoid moralizing or being judgmental!

4. Act

Call and get help from a professional counselor or therapist. If you’re unsure whether or not to make the call for help, please err on the side of caution and call a community resource listed on this brochure.

Colorado Crisis Services
1-844-493-TALK (8255)

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

In a life-threatening emergency Call 911

FREQUENTLY ASKED QUESTIONS

- **What if a weapon is present?**
  NEVER put yourself in danger and NEVER attempt to disarm anyone holding a weapon. Dial 911 immediately. REMAIN CALM. If safe and possible, continue to speak reassuringly.

- **Should I call 911?**
  When in doubt, always err on the side of caution. If you believe that someone is severely depressed and needs intervention, dial 911 or phone the nearest hospital emergency room.

- **Should I follow up?**
  YES! Following up with the individual in crisis, parent(s), family members or other people involved is critical to ensure the individual is receiving appropriate mental health support. The follow-up that you do could save a life.