

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 Mental health support	303-425-0300
Colorado Crisis Services 24/7/365 confidential mental health and substance use crisis intervention and support	1-844-493-TALK (8255)
Arapahoe House Alcohol and drug treatment	303-657-3700
Family Tree Domestic violence and shelter crisis hotline	303-420-6752
Jefferson County Sheriff's Office Victim Services Serving unincorporated Jefferson County	303-277-0211
Lakewood Police Victim Services Serving victims of crime in the City of Lakewood	303-987-7191
Second Wind Fund Free counseling for children (19 & under) at risk for suicide	720-962-0706
Victim Outreach Incorporated Victim services for Arvada, Edgewater, Golden, Lakeside, Morrison, Mountain View, Wheat Ridge & Colorado School of Mines	303-202-2196
Clear Creek County Advocates 24/7 crisis response and victim assistance	Office 303-679-2426 Pager 303-679-2393
Gilpin County Victim Services 24/7 crisis response and victim assistance	303-582-5926
Centennial Peaks Hospital 2255 South 88 th Street, Louisville	303-673-9990
Children's Hospital Colorado 13123 East 16th Avenue, Aurora	720-777-1234
Littleton Adventist Hospital 7700 South Broadway, Littleton	303-730-8900
Lutheran Medical Center 8300 West 38th Avenue, Wheat Ridge	303-425-4500
Saint Joseph Hospital 1375 East 19th Avenue, Denver	303-837-7111
St. Anthony Hospital 11600 West 2nd Place, Lakewood	303-321-4100
St. Anthony North Health Campus 2551 West 84th Avenue, Westminster	303-426-2151
Swedish Medical Center ER 6196 South Ammons Way, Littleton	303-932-6911

When I am feeling suicidal, I can also call:

Name _____

Telephone Number _____



Suicide Prevention

What to Do When Someone You Know is In Crisis



Jefferson Center
for mental health

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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.