

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 2014, 1,058 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 and What They Provide

Jefferson Center for Mental Health Mental health support	303-425-0300
Second Wind Fund Free counseling for children (19 & under) at risk for suicide	720-962-0706
Family Tree Domestic violence and shelter crisis hotline	303-420-6752
Arapahoe House Alcohol and drug treatment	303-657-3700
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
Colorado Crisis Services 24/7/365 confidential mental health and substance use crisis intervention and support	1-844-493-TALK (8255)
Centennial Peaks Hospital 2255 South 88 th Street, Louisville	303-673-9990
The Children's Hospital 13123 East 16th Avenue, Aurora	720-777-1234
Exempla Lutheran Medical Center 8300 West 38th Avenue, Wheat Ridge	303-425-4500
Exempla Saint Joseph Hospital 1375 East 19th Avenue, Denver	303-837-7111
Littleton Adventist Hospital 7700 South Broadway, Littleton	303-730-8900
St. Anthony's North Hospital 2551 West 84th Avenue, Westminster	303-426-2151
St. Anthony's Hospital 11600 West 2nd Place, Lakewood	303-321-4100
Swedish Medical Center ER 6196 South Ammons Way, Littleton	303-932-6911
West Pines at Lutheran Medical Center <i>(No walk-in or on-site assessment. Individuals must first go to Exempla Lutheran Medical Center)</i>	303-467-4080

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

4851 Independence St.
Wheat Ridge, CO 80033
www.jcmh.org • 303-425-0300

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U.S. Department of Health and Human Services
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.samhsa.gov

Colorado Department of Public Health and Environment
Office of Suicide Prevention
303-692-2539 • www.coosp.org

SUICIDE INTERVENTION GUIDELINES

1. Observe

Look for These Risk Factors/ 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 Risk Factors/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
Dial 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.