

****Always call 911 if concern is immediate****

Crisis Hotlines

Rocky Mountain Crisis Partners / Colorado Crisis Services

24 Hour Hotline: 1-844-493-8255

Website: <http://www.metrocrisiservices.org>

- Offers free, confidential, 24/7 telephone service for mental health or substance use crisis help, information, and referrals.
- **Call 1 (844) 493-8255 any time, day or night, to connect with one-on-one support with professional counselors.**
- The crisis lines offers translation services for non-English speakers, immediate problem solving support, and follow up calls for continued care
- Peer Support Line is staffed from 7am – 12am daily, call main number and press * to connect with a peer specialist

*****Please contact Navigation for additional information and resources, including mental health treatment, support groups for mental health, caregiver support, and survivor support.***

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

Warning Signs of Suicide

- Threatening to hurt or kill oneself
- Looks for ways to kill oneself, seeking access to pills, weapons, or other means
- Taking or writing about death, dying, or suicide
- Expressing hopelessness
- Feeling rage or anger, seeking revenge
- Acting recklessly or engaging in risky activities
- Feeling trapped, like there is no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family, or society
- Experiencing anxiety or agitation, being unable to sleep, or sleeping all the time
- Undergoing dramatic changes in mood, sudden happiness after a prolonged depression
- Giving away prized possessions
- Feeling no reason for living, no sense of purpose in life
- Chronic pain or frequent complaints of physical symptoms

If you suspect someone may be at risk, it is important to ask the person directly and seek appropriate professional support.

**Adapted from Mental Health Association of Maryland, Missouri Department of Mental Health, and National Council for Behavioral Health (2013) Mental Health First Aid® USA, Revised First Addition*



National Suicide Prevention Lifeline

1-800-273-TALK (8255)

<http://www.suicidepreventionlifeline.org/>

- Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week

Crisis Text Line

Text "HOME" to 741-741

<http://www.crisistextline.org/>

- Free, 24/7 emotional support for those in crisis
- Staffed by trained volunteers, crisis specialists respond to texts immediately

Veterans Crisis Line**1-800-273-8255 and press #1.**<http://www.veteranscrisisline.net/>

- Connects veterans in crisis and their families and friends with confidential support, 24 hours a day, 7 days a week.
- Veterans and their loved ones can **call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255.**

Veteran Peer Support Line

1-877-VET2VET (1-877-838-2838)

- Connects veterans to peer counselors who provide confidential support

The Trevor Project

1-866-4-TREVOR (1-866-488-7386)

<http://www.thetrevorproject.org/>

- 24-hour, toll free confidential suicide hotline for LGBTQ youth
- Also offers TrevorChat and TrevorText 3pm-9pm 7 days a week, text "Trevor" to 1-202-304-1200

YAH! - Youth America Hotline**1-877-YOURLINE (1-877-968-8454)**

- Free, peer to peer hotline network linking callers to community based peer counseling

Additional Resources and Information**Jefferson Center for Mental Health**

303-425-0300

<https://www.jcmh.org/suicide-prevention/suicide-prevention-trainings/>

- [Offers suicide prevention trainings including: ASIST, QPR and Safe TALK](https://www.jcmh.org/suicide-prevention/suicide-prevention-trainings/)

Suicide Intervention Guidelines**1. Observe**

Look for risk factors and warning signs. Take suicide threats seriously.

2. Ask

When you see someone showing risk factors or warning signs, ask directly... "Are you thinking of killing yourself?"

3. Listen

Avoid moralizing or being judgmental. Listen and express concern in a non-judgmental way. Show that you care.

4. Take Action

Call and get help. Always err on the side of caution. **Call 911 if your or someone else is in immediate danger.** Call 1-800-273-TALK (8255) if you or someone else is not in



Second Wind Fund

720-962-0706

<http://www.swfmd.org>

- Links children and youth ages 19 and younger who are at risk of suicide to therapists in their local community
- Services are free of charge to those who do not have insurance or means to pay

Yellow Ribbon

303-429-3530

<http://yellowribbon.org/>

- Suicide prevention and awareness program that provides education, training, and community support

Colorado Office of Suicide Prevention

303-692-2539

www.coosp.org

- Collects state-wide data, establishes state-wide prevention priorities, and offers a variety of information and resources online

Suicide Prevention Resource Center

1-877-438-7772

<http://www.sprc.org>

- National resource center providing training, online materials, and resource library

American Association of Suicidology

202-237-2280

<http://www.suicidology.org>

- Provides training, online materials, and information regarding survivor support

