

Support for Community Helpers Who Have Experienced a Suicide Loss

Compiled by Suicide Prevention Coalition of Jefferson, Clear Creek and Gilpin Counties

You have experienced a uniquely traumatic event.

You may feel a range of emotions from anxiety and shame to anger and confusion, or anything in between. You may be frustrated with yourself, your colleagues, or the individuals you support. Know that whatever you are feeling is normal.

You do not need to walk this journey alone. This packet was developed by professionals and survivors to provide guidance in locating information, professionals, and individuals who can help.

Our hope is the information compiled will assist you, and those around you, in finding exactly what is needed during this time and in the future.

Reach out to friends.
Reach out to your support.
Just reach out.

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Resources to Support Community Helpers Who Have Experienced a Suicide Loss

The following phone, online, and in-person resources have been compiled from numerous community organizations by the Suicide Prevention Coalition of Jefferson, Clear Creek and Gilpin Counties to bring comprehensive support to those community helpers who have experienced a suicide loss.

If you'd prefer to seek support through a private practice or outside of your geographic region for your confidentiality, inform the resource that you are in a professional, helping role and that you would like a referral for support outside of your region. This is a common request that will be accommodated.

24/7 Phone Resources

Trans Lifeline

1-877-565-8860

Trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.

Colorado Crisis Services

1-844-493-TALK (8255)

Text TALK to 38255

Provides free, confidential, professional, and immediate support through a crisis counselor or peer specialist for any mental health, substance use, or emotional concern.

Trevor Project

1-866-488-7386

Text START to 678678

Crisis intervention and suicide prevention lifeline for LGBTQ young people feeling suicidal, or in need of a safe and judgment-free place to talk.

Veterans Crisis Line

1-800-273-8255 (press 1)

Text 838255


Reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves.

National Suicide Prevention Lifeline

~~1-800-273-8255~~

Crisis Text Line

Text HOME to 741741

Provides free and confidential support for people in distress, prevention and crisis resources for you or  loved ones, and best practices for professionals.

Nacional de Prevención del Suicidio

1-888-628-9454

Lifeline ofrece 24/7, gratuito servicios en español, no es necesario hablar ingles si usted necesita ayuda.

COPLINE: An Officer's Lifeline

1-800-267-5463

Provides confidential peer listening by competent, committed, and compassionate retired officers to engage with callers on the daily stressors officers and their family members experience.

Safe Call Now

1-206-459-3020

Provides confidential education, support, healthy alternatives, and resources for first responders, emergency services personnel, medical professionals, and their family members nationwide.

International Association of Fire Fighters

844-206-1838

Provides information, resources, and referrals for firefighters, paramedics and their families.

As a professional who has experienced a loss, take care of yourself!

Self-care is different for everyone, so be sure to take care of yourself in whatever way is best for you! Remember that you can't take care of someone else unless you have taken care of yourself.

Employer Support

Your employer may participate in an Employee Assistance Program (EAP) offering free and confidential supports to its employees, including counseling and wellness programs. These can be valuable tools to help you following a suicide loss.

Contact your Human Resources department or review your benefits information to find out how to access your EAP.

Many major insurers have free or low-cost health and wellness programs available through their coverage. To find out about these resources, contact your insurer's Member Support team listed on your insurance card.

Online and Phone Resources

Building Warriors

Building Warriors is a peer run nonprofit specialty group of responder counselors and peer specialists providing direct services, information, and training to support emergency responders, healthcare professionals, and others afflicted by traumatic experience.

Uniting for Suicide Postvention: Providers

As a behavioral health provider, when someone you have worked with dies by suicide, it can be especially difficult to simultaneously process the loss while maintaining professional duties. This MIRECC website offers resources that address the unique challenges that providers face following a suicide loss.

Physician Support Line

Physician Support Line is a national, free, and confidential support line service made up of 600+ volunteer psychiatrists, providing peer support to physician colleagues and American medical students. Available 6a– 11p MST. No appointment necessary. 1-888-409-0141

Local In-Person and Virtual Resources

Colorado Crisis Services

4643 Wadsworth Blvd.
Wheat Ridge, CO 80033
844-493-8255

The Walk-in Crisis Center is open 24/7 and offers confidential, in-person crisis support, information and referrals to anyone in need.

www.coloradocrisisservices.org

Jefferson Center

Various Colorado Locations within
Jefferson, Gilpin and Clear Creek Counties
303-425-0300

Offers in-person and virtual programs and services to foster recovery and resilience in children, adults and families struggling with mental health problems; including a suicide attempt survivor support group for adults. Please ask about all available services when scheduling an initial intake appointment.

www.jcmh.org

The Hope Group

P.O. Box 22
Littleton, CO 80160
720-745-9252

~~Provides service in the field of suicide prevention, intervention, and postvention peer support. Contact to learn more about in-person and virtual support groups, workshops, and trainings.~~

www.hope-group.org

Workplace Resources

A Manager's Guide to Suicide Postvention in the Workplace

This guide provides clear steps for postvention, giving leadership a sense of how to provide an immediate response to the traumatic event, follow a short-term recovery plan, and develop long-term strategies for helping employees cope.

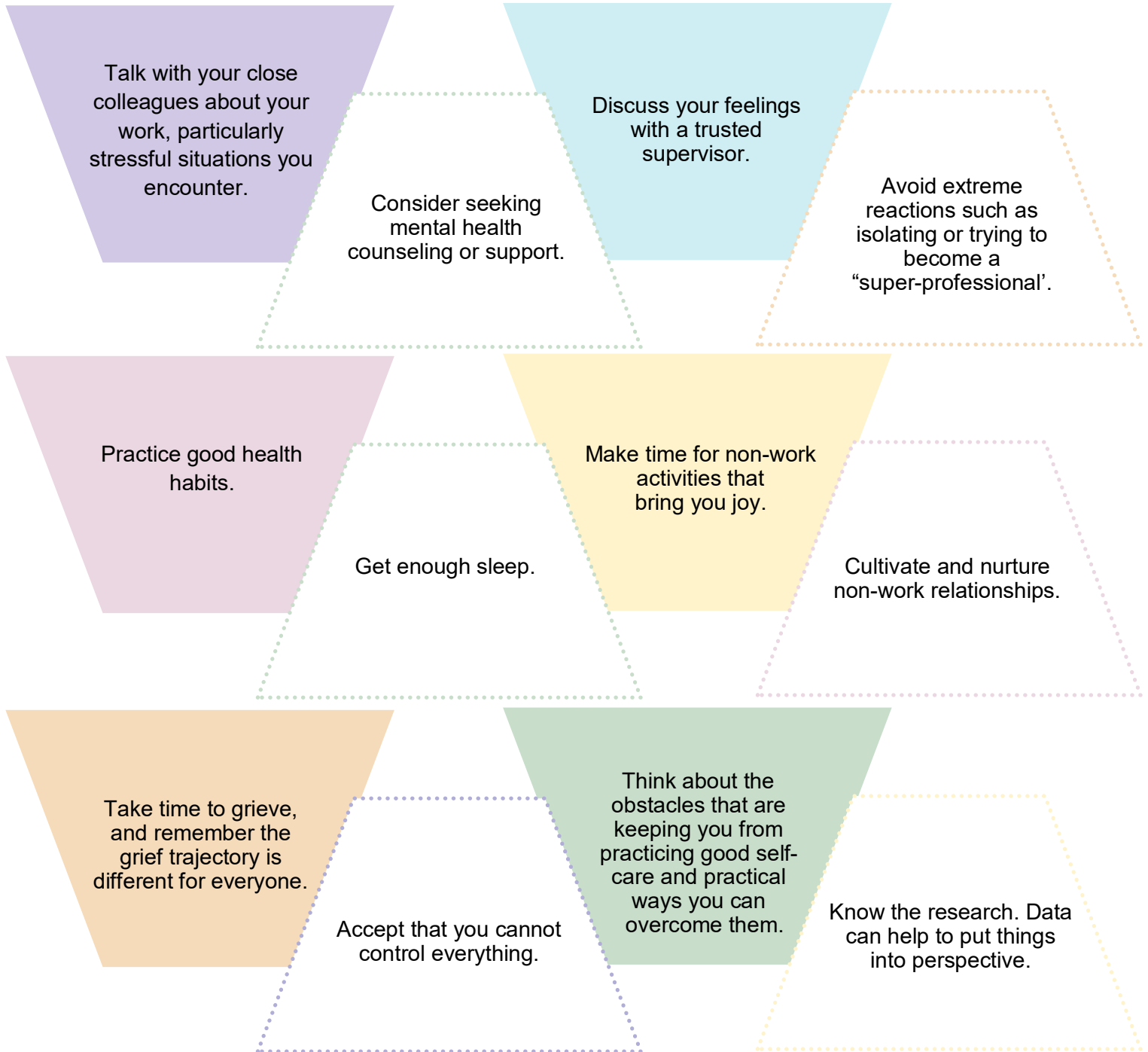
Uniting for Suicide Postvention - Workplace

Supporting employees following a loss benefits individual employees and the workplace as a whole. MIRECC's Uniting for Suicide Postvention website provides information on ways suicide postvention can be incorporated into the workplace.

Support for Community Helpers Who Have Experienced a Suicide Loss

These tips may help you in remembering to care for yourself as you're managing your thoughts and emotions following the loss of someone you've supported.

The following information has been compiled through several resources by the Suicide Prevention Coalition of Jefferson, Clear Creek and Gilpin Counties.



Experiencing a suicide loss of a client, consumer, or patient can sometimes elicit as strong a grief reaction as the death of a friend or family member. Give yourself time and grace.

You play a critical role in your community and taking care of yourself is the first step in caring for others.