

# Suicide Attempt Survivor Support

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

You have experienced a traumatic event that is truly unique to you.

Give yourself permission to handle your own pathway forward. The journey will bring high and low points, intense emotions, and uncertainty at times. This is all normal. You may have questions about what has happened, where you can find support, and what comes next.

You do not need to walk this journey alone. This packet was developed by professionals and survivors to provide guidance in locating support groups, 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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# Suicide Attempt Survivor Resources

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

## 24/7 Phone Resources

### Trans Lifeline

1-877-565-8860

Trans Lifeline is a 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 your 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.

## In-Person Resources

### Jefferson Center

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

Offers 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 of our available services when scheduling an initial intake appointment.  
[www.jcmh.org](http://www.jcmh.org)

### 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](http://www.coloradocrisisservices.org)

### The Hope Group

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

Organization provides service in the field of suicide prevention, intervention and postvention peer support. Contact to learn more about virtual and in-person support groups (including groups specifically for adult and teen suicide attempt survivors), workshops and trainings.  
[www.hope-group.org](http://www.hope-group.org)

## Print Resources

The following free print resources are available to download or order through [store.samhsa.org](https://store.samhsa.org).

### [After an Attempt: A Guide for Taking Care of Yourself After Your Treatment In the Emergency Department](#)

This SAMHSA brochure, available to download at the link above, offers information about moving ahead after your treatment in the emergency department and provides resources.

### [A Journey toward Help and Hope: Your Handbook for Recovery After a Suicide Attempt](#)

This SAMHSA booklet, available to order through the link above, is a guide to help you take the first steps toward recovery after your suicide attempt.

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## Online Resources

### **American Association of Suicidology: Suicide Attempt Survivors**

This website provides resources, articles and videos for suicide attempt survivors.

[www.suicidology.org/resources/suicide-attempt-survivors](https://www.suicidology.org/resources/suicide-attempt-survivors)

### **Suicide Finding Hope**

This website provides information sheets, a resource list, and a few brief videos for suicide attempt survivors.

[www.suicidefindinghope.com/content/attempt\\_survivors](https://www.suicidefindinghope.com/content/attempt_survivors)

### **Now Matters Now**

A website that provides skills and support for coping with suicidal thoughts

[www.nowmattersnow.org](https://www.nowmattersnow.org)

### **Speaking of Suicide**

Dr. Stacey Freedenthal's blog Speaking of Suicide includes resources and information for survivors of suicide attempts and experiences.

[www.speakingofsuicide.com/category/suicide-attempt-survivors](https://www.speakingofsuicide.com/category/suicide-attempt-survivors)

### **Live Through This**

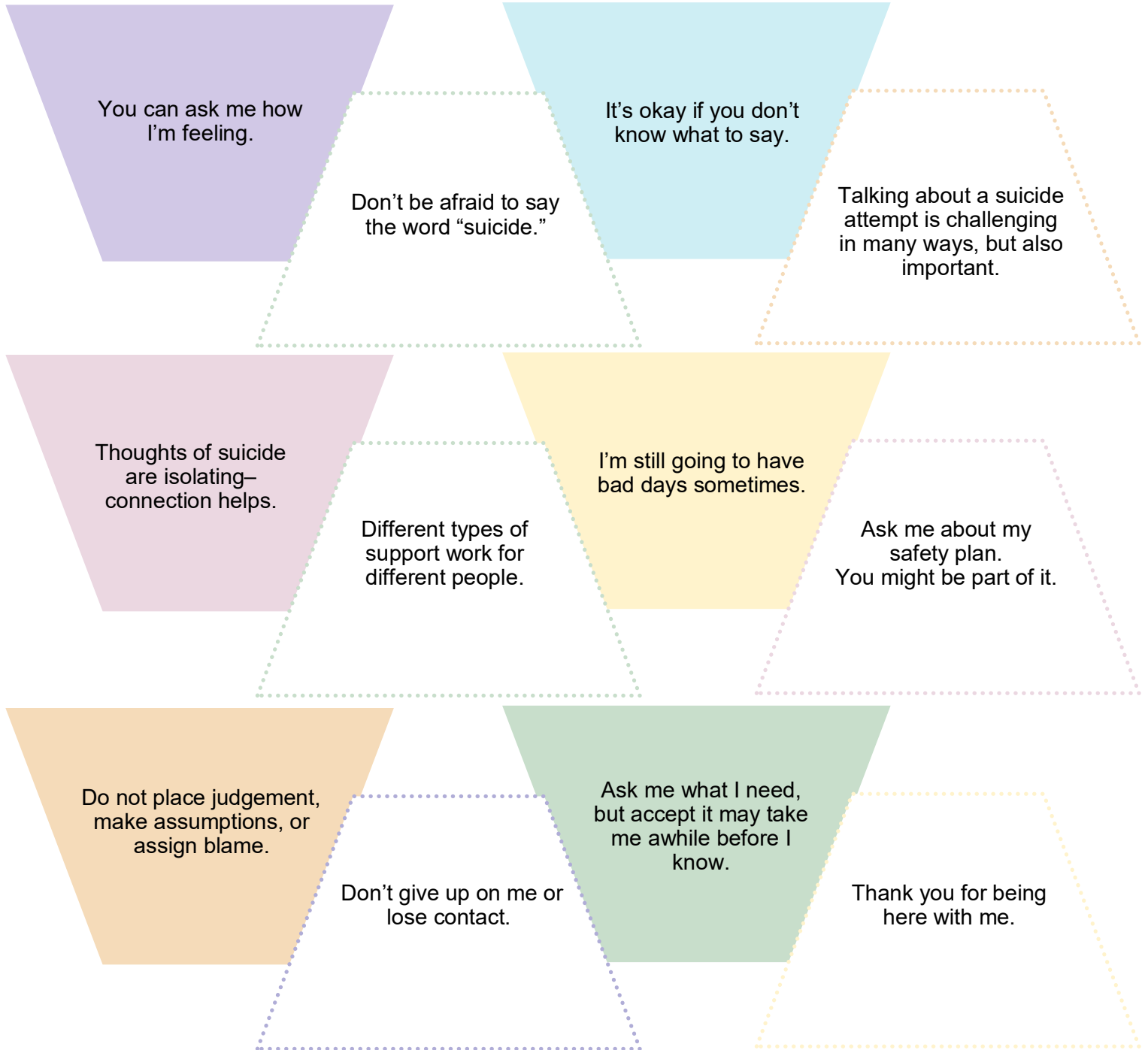
A website dedicated to photographs and personal stories of survivors of suicide attempts that highlight hope and recovery after a suicide attempt.

[www.livethroughthis.org](https://www.livethroughthis.org)

# Suicide Attempt Survivor Support: Supporting Me

*Survivors, share this with the people around you.  
They want to support you; this may help them know how.*

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



## **As a person supporting a survivor, 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.

# Suicide Attempt Survivor Support: Supporting Me

## Tips for self-care, support, and health.

- Create a safety plan with your doctor, therapist or other professional.
- Advocate for yourself, and tell others what you need.
- Give yourself time to adjust, heal, and find happiness in things you enjoy.
- Remember that your situation is unique.
- Identify your support system who may be comprised of professionals, friends, family members, neighbors, etc.; you decide.
- Speak openly to support people that you trust about how you're feeling.
- Ask a support person to help make your home safe by helping to remove items that can be used for self-harm.
- Try support resources such as therapy, support groups, and /or crisis lines.
- Identify your modes of self-care (e.g. cooking, journaling, exercising, meditating, etc.) and practice them.
- Be kind to yourself.