



## Suicide Prevention & Education Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or [navigation@jcmh.org](mailto:navigation@jcmh.org)

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

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

### Crisis Hotlines

#### **Rocky Mountain Crisis Partners / Colorado Crisis Services**

**24 Hour Hotline:** 988

**Text:** Text "Talk" to 38255

**Website:** <https://coloradocrisisservices.org/>

- Offers free, confidential, 24/7 telephone service for mental health or substance use crisis help, information, and referrals.
- **Call 988 or 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.*

### **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 Edition***

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**988 Suicide & Crisis Hotline**

Dial 988

<https://988lifeline.org/>

- Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week
- For deaf and hard of hearing using TTY: Use your preferred relay service or dial 711 then 1-800-273-8255.

**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**

Dial 988 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 988 and press 1, chat online**, or send a **text message to 838255**.
- Clients do not have to be registered with the VA to receive support

**Vets 4 Warriors**

<https://www.vets4warriors.com/>

1-855-838-8255

- Connects veterans to peer counselors who provide confidential support
- Peer counselors can help the soldier or veteran navigate the often complex VA system to access mental health resources.

**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 online chat and text options
  - Text “Start” to 678-678

**YAH! - Youth America Hotline**

1-877-YOUTHLINE (1-877-968-8454)

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

**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 immediate danger.

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**Walk in Crisis Centers**

**Colorado Crisis Services**

Offers walk in crisis services throughout the Metro area. There is no charge to go to a walk-in crisis center and speak with a counselor.

**Locations:** (open 24 hours a day/ 7 days a week unless otherwise noted)

<p><b>Jefferson Center Walk in Crisis Center</b> 4643 Wadsworth Blvd, Wheat Ridge, CO 80033</p>	<p><b>WellPower Walk in Crisis Center</b> 4353 E Colfax Ave Denver, CO 80220</p>
<p><b>All Health Walk in Crisis Center</b> 6509 S Santa Fe Drive Littleton, CO 80120</p>	<p><b>Aurora Mental Health Walk in Crisis Center</b> 2206 Victor St, Aurora, CO 80045 Hours: 8:00 am to 11:00 pm</p>

**Additional Resources and Information**

**Mental Health First Aid Colorado**

720-573-3585  
303 E 17<sup>th</sup> Ave, Suite 910, Denver CO 80203  
<https://www.mhfaco.org/findclass>

- Mental Health first aid is an evidence-based, public health training program that teaches participants the signs and symptoms of mental health challenges or crisis, what to do in an emergency, and where to turn for help.
- Several classes are offer free of charge to participants
- Classes head throughout the Metro area.

**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

**Second Wind Fund**

720-962-0706  
303 E. 17<sup>th</sup> Ave, Suite 400, Denver CO 80203  
<https://thesecondwindfund.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
- Referral Form [Referral Request \(zohopublic.com\)](https://www.zohopublic.com)

**Yellow Ribbon**

303-429-3530  
<http://yellowribbon.org/>

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

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## **Colorado Office of Suicide Prevention**

<https://cdphe.colorado.gov/office-of-suicide-prevention>

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

## **Suicide Prevention Resource Center**

<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