

Community Resources

Are you **worried** about someone in your life?

Do you know the **warning signs** of someone thinking about suicide?

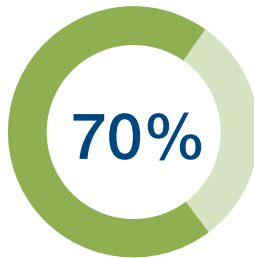
Do you want to know the **resources available** to you and your loved one?

Suicide is Preventable

Learn how you can **recognize the warning signs** in a family member, friend, or anyone else in your life, and **find the resources** you need to get help.



In 2017, there were 1,175 deaths by suicide in Colorado.*



According to research, 70 percent of individuals who died by suicide showed warning signs before they took their lives.

*Source: Office of Suicide Prevention, Suicide Prevention in Colorado Annual Report FY 2017-2018

Jefferson Center	303-425-0300
Mental health and substance use support	
Colorado Crisis Services	1-844-493-TALK (8255)
24/7/365 confidential mental health and substance use crisis intervention and support	
Family Tree	303-420-6752
Domestic violence and shelter crisis hotline	
Jefferson County Sheriff's Office Victim Services	303-277-0211
Serving unincorporated Jefferson County	
Lakewood Police Victim Services	303-987-7191
Serving victims of crime in the City of Lakewood	
Second Wind Fund	720-962-0706
Free counseling for children (19 & under) at risk for suicide	
Victim Outreach Incorporated	303-202-2196
Victim services for Arvada, Edgewater, Golden, Lakeside, Morrison, Mountain View, Wheat Ridge & Colorado School of Mines	
Clear Creek County Advocates	Office 303-679-2426
24/7 crisis response and victim assistance	Pager 303-679-2393
Gilpin County Victim Services	303-582-5926
24/7 crisis response and victim assistance	
Centennial Peaks Hospital	303-673-9990
2255 South 88 th Street, Louisville	
Children's Hospital Colorado	720-777-1234
13123 East 16th Avenue, Aurora	
Littleton Adventist Hospital	303-730-8900
7700 South Broadway, Littleton	
Lutheran Medical Center	303-425-4500
8300 West 38th Avenue, Wheat Ridge	
Saint Joseph Hospital	303-837-7111
1375 East 19th Avenue, Denver	
St. Anthony Hospital	303-321-4100
11600 West 2nd Place, Lakewood	
St. Anthony North Health Campus	720-627-0000
14300 Orchard Pkwy, Westminster	
84th Avenue Neighborhood Health Center	303-426-2151
2551 West 84th Avenue, Westminster	
Swedish Medical Center ER	303-932-6911
6196 South Ammons Way, Littleton	

When I am feeling suicidal, I can also call:

Name _____

Telephone Number _____

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Suicide is Preventable

Learn how you can help someone in crisis



Jefferson Center
— With you in mind —

HOW CAN YOU HELP PREVENT SUICIDE?

1. Observe

Look for These Risk Factors and 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 of the risk factors or 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
Call 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.