

# Support for Family and Friends of Suicide Attempt Survivors

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

When someone in your life attempts suicide, it can be a traumatic event for everyone.

You may feel a range of emotions from anxiety and shame to anger and confusion, or anything in between. Know that whatever you are feeling is normal. All emotions, are 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 for Family and Friends of Suicide Attempt Survivors

The following phone, online, 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 are supporting individuals 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

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

### 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)

### 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 support groups, workshops and trainings.

[www.hope-group.org](http://www.hope-group.org)

## Support Groups

The NAMI Family Support Group is an important resource for families who have a loved one with a mental illness. Knowing that others have had the same experience is a relief to families who have seldom spoken about mental illness to neighbors, friends, or often, even relatives. Through the NAMI Family Support Groups, you will find a network of friends who care and understand; Ideas that help you take care of yourself and your family; and a chance to share your experience and learn from others who have been there.

\*Please contact to confirm date, time, location and cost. Some groups are meeting virtually during COVID-19 distancing.\*

### NAMI JeffCo– Wheat Ridge

Wheat Ridge, CO  
Second and Fourth Wednesday  
of the month  
7:00pm to 8:30 pm  
Contact: Linda Porter at  
303-330-5305  
ljporter@q.com

### NAMI JeffCo– Evergreen

Evergreen, CO  
Second and Fourth Thursday  
of the month  
6:30 pm to 8:00 pm  
Contact Rachel Richardson at  
303-521-3367

### NAMI JeffCo– Littleton

Littleton, CO  
First and Third Thursday of  
the month  
6:30 to 8:30 pm  
Contact: Cheri Bishop  
303-518-1289

More information about support groups available at [www.namicolorado.org](http://www.namicolorado.org) and [www.namijeffco.org](http://www.namijeffco.org).

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## Online Resources

### [After an Attempt: A Guide for Taking Care of Your Family Member after Treatment in the Emergency Department](#)

This SAMHSA brochure available to download at [store.samhsa.org](http://store.samhsa.org) provides information and resources on how to take care of yourself and your family member following a suicide attempt.

### [How to Talk to a Child about a Suicide Attempt in Your Family](#)

Rocky Mountain MIRECC provides resources in English and Spanish on how to talk to youth about a suicide attempt in the family available for download at [www.mirecc.va.gov/visn19/education/products.asp](http://www.mirecc.va.gov/visn19/education/products.asp)

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## **As a person supporting a suicide attempt 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.

# Family and Friends of Suicide Attempt Survivors: Offering Support

*You want to support your friend or family member who has survived a suicide attempt, but maybe you're not sure how. These tips may help you understand how to start offering support, but please remember everyone is different.*

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