

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?

*In 2010, 867 people died by suicide in Colorado. Of these, 70% showed warning signs **before** they took their life.*

Suicide is preventable.

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

Community Resources and What They Provide

Jefferson Center for Mental Health Mental Health Support	303-425-0300
Second Wind Fund Free Counseling for Under or Uninsured Suicidal Kids, 19 & Under	720-962-0706
Family Tree Domestic Violence & Shelter Crisis Hotline	303-420-6752
Arapahoe House Alcohol and Drug Treatment	303-657-3700
Centennial Peaks Hospital 2255 South 88 th Street, Louisville	303-673-9990
The Children's Hospital 13123 East 16th Avenue, Aurora	720-777-1234
Exempla Lutheran Medical Center 8300 W. 38th Avenue, Wheat Ridge	303-425-4500
Exempla Saint Joseph Hospital 1835 Franklin Street, Denver	303-837-7111
Littleton Adventist Hospital 7700 South Broadway, Littleton	303-730-5800
St. Anthony's North Hospital 2551 West 84th Avenue, Westminster	303-426-2151
St. Anthony's Hospital 11600 West 2nd Place, Lakewood	303-321-4100
Swedish Medical Center ER 6196 South Ammons Way, Littleton	303-932-6911
West Pines at Lutheran Medical Center 3400 Lutheran Parkway, Wheat Ridge <i>No walk-in or on-site assessment. Individuals must first go to Exempla Lutheran Medical Center at 8300 W. 38th Ave., Wheat Ridge</i>	303-467-4000

When I am feeling suicidal I can also call the following people or organizations:

Name _____

Telephone Number _____

Name _____

Telephone Number _____

Name _____

Telephone Number _____



Suicide Prevention

WHAT TO DO WHEN SOMEONE YOU KNOW IS IN CRISIS

Tips and Resources Jefferson County



Jefferson Center
for mental health

4851 Independence St.
Wheat Ridge, CO 80033
www.jcmh.org • 303-425-0300

This brochure was developed as part of Project Safety Net, partially funded by:

U.S. Department of Health and Human Services
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.samhsa.gov

Colorado Department of Public Health and Environment
Office of Suicide Prevention
303-692-2539 • www.coosp.org

1. Observe

Look for These Risk Factors/ 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 Risk Factors/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 & be alert
- Ask directly about suicide
- Take action & get help

3. Listen, listen, listen!

Put your own “stuff” aside and *listen* with both your ears and your heart; Avoid moralizing or being judgmental!

4. Take Action!

Call and get help from someone qualified. 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 the back of this brochure.

**Emergency Number for ALL of
Jefferson County:**

Dial 911

**National Suicide Prevention Lifeline
1-800-273-TALK (8255)**

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.
- **Calling 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 ER.
- **Should I follow up?**
YES!!! **Following-up** w/parent(s), family members, the individual in crisis or other people involved **is critical** to determine if the individual is receiving appropriate mental health support. The follow up that you do could save a life.