



Frequently Asked Questions in Suicide Prevention

Disclaimer: *This information is for educational purposes only and is not therapeutic advice nor a substitute for therapy. It should not be used to diagnose or treat any mental health problem. If you are located within the United States and you need emergency assistance please call 988 or go to your nearest emergency room. If you are located within Colorado you may also call the Colorado Crisis Line at 844-493-TALK (8255).*

WHAT IF SUICIDE HAPPENS AGAIN WITHIN OUR COMMUNITY?

That may happen. If and when that happens, our goal is to give resources and support to the survivors. You have the right to be concerned as each suicide impacts, at minimum, 135 people. But, when we provide support to survivors of suicide, we are also opening up healthy conversation about suicide and its impact, which may help us prevent further suicides in our community.

IN RESPONSE TO SUICIDE, WHAT IF I CAN'T HANDLE IT?

It's understandable that you would feel that way. Everyone is afraid of suicide and responding to it can feel terrifying. But you don't have to handle it perfectly for yourself or anyone else. The point is to be authentic and compassionate and continue these hard conversations. Be aware of what you are comfortable with and prepared for, be gentle with yourself and take it in small steps. We all want to put our capes on and save lives. Recognizing the urge in yourself as well as the fear are the first steps in holding boundaries and compassion together.

HOW IS TECHNOLOGY CONTRIBUTING TO RISING RISKS OF SUICIDE?

Technology is moving so fast, we can barely keep up! There is new research coming out all the time but the one thing we know so far is that 3 or more hours of social media a day increases risk for suicide. On the other hand, social media and technology apps can make access to support around suicide faster and easier to obtain. The point is not to reject technology or social media all together, but to limit its use and focus on meaningful connections and helpful resources.

WHAT'S HAPPENING TO OUR YOUNGEST GENERATION THAT IS PUTTING THEM AT GREATER RISK FOR SUICIDE?

There is a combination of factors we are tracking in youth, including perfectionism, pressure, lack of social connection, and social media use leading to an unrealistic perspective of success and how they compare themselves to their peers. Fortunately, there are some things we can do that can combat these trends. Most significantly, research tells us that having meaningful connection with even one supportive adult can make a tremendous difference.

This is particularly true for youth in the LGBTQ+ population. Our goal is to actively look for ways to help this generation make meaningful connections. It's not a one and done, it's complicated. And we need to continue to explore what we can do to support this generation.

WHAT IF THE PERSON WHO DIED BY SUICIDE DIDN'T SHOW ANY WARNING SIGNS?

It's a common experience for individuals to feel like there were not any signs or they missed them. Often, that's because, no one person has access to seeing all of the signs that might be there. A student may not share things with their parents. A teacher or a coach may notice things that a best friend didn't. This is why we have to respond to the threat of suicide as a community and surround our youth with a culture of support. Missing warning signs adds to our fears and yet, suicide is preventable. A person who doesn't show any signs at all is the exception or outlier. Most people who die by suicide have experienced extreme pain for days, weeks, or months. Our goal is not to look for signs of suicidality, but to look for signs of pain and disconnection and see what we can do to repair the hurt and regain hope.

WON'T ASKING A PERSON ABOUT SUICIDE GIVE THEM THE IDEA?

No. Research shows that asking about suicide when the person is having thoughts of suicide actually brings them relief in being able to talk about it.

WHAT COULD I SAY OR DO THAT WOULD MAKE IT WORSE FOR SOMEONE WHO IS EXPERIENCING SUICIDAL THOUGHTS?

Yes but you don't need to worry. The wrong things to say are easy to avoid. Be sure that you are not minimizing, shaming, blaming, or catastrophizing and instead, you are listening deeply and letting the other person know that you care about their experience. It's fear that makes us say the thing we shouldn't. If you start by courageously listening and expressing empathy before you try to move to next steps or solutions, you will naturally find the flow of the conversation that supports the person without making it feel worse for them.

WHAT DO I SAY TO A PERSON WHEN I'M UNCOMFORTABLE TALKING ABOUT SUICIDE?

If you aren't comfortable having the conversation about suicide, find someone who can help! It's okay to share how you feel and authentically own it. Ironically, it can help the person much more if you are honest. Being truthful and authentic will serve the person suffering much more than having your body language not match your words of reassurance. Simply be sure to let them know that you care about them, and are not judging their experience but rather, are owning that your own experience is making you uncomfortable and talking to someone else would be more supportive for both of you.

AS A FRIEND OR COMMUNITY MEMBER, HOW CAN I HELP SOMEONE WHO IS THINKING OF SUICIDE?

Knowing that suicide is more about pain than death can help each of us sit with someone we care about to explore that pain, develop compassion, and help them

access life-saving resources. There are professional resources, social resources, and internal resources to support someone experiencing suicide. Professional resources would be mental health supports, the national hotline, the text line, and more. Social resources include community support where we can also engage other people to support the person who is suffering. Internal resources would be the person finding things that they live for and help them cope. The best conversation isn't one conversation, but to have many conversations to compassionately listen and help the person access any or all of these resources as needed.

WHY ARE MENTAL HEALTH AND SUICIDE RATES ON THE RISE?

There are more stressors and risk factors now than ever before. Each person has a way of responding to stressors in their lives, with technology, isolation, and other risk factors impacting the rising rates of anxiety, depression, and suicide. Our goal is to combat these stressors by continuing healthy conversations and consciously creating a culture of courageous connections.



Suicide Awareness & Prevention Resources in Colorado

SUICIDE PREVENTION AND CRISIS RESOURCES

- Suicide and Crisis Lifeline** **988**
- Suicide Prevention Lifeline** **800-273-TALK / (800) SUICIDE**
- Colorado Crisis Services** **844-493-TALK**
OR text TALK to 38255
OR chat online (4 p.m. - 12 a.m. 7 days a week) at www.coloradocrisisservices.org/chat
- Veteran's Crisis Hotline** **800-273-8255**; Press option 1
- Trevor Project** **866-488-7386** (LGBTQ+ Youth)
- Trans Lifeline** **877-565-8860** (Transgender & Gender Expansive Youth and Adults)
- IAMALive** **iamalive.org** (online crisis network with 24/7 chat)
- Crisis Text Line** Text **HOME** to **741741** 24/7

24 HOUR CRISIS WALK-IN LOCATIONS

Littleton

6509 S. Santa Fe Dr.
Littleton, CO 80120

Denver

4353 W. Colfax Ave.
Denver, CO 80220

Colorado Springs

115 S Parkside Drive
Colorado Springs, CO 80910

Aurora

2206 Victor St.
Aurora, CO 80045

Boulder

3180 Airport Rd.
Boulder, CO 80301

Pueblo

1310 Chinook Lane
Pueblo, CO 81001

Wheat Ridge

4643 Wadsworth Blvd.
Wheat Ridge, CO 80033

Greeley

928 12th Street
Greeley, CO 80631

Montrose

300 N Cascade Ave.
Montrose, CO 81401

Westminster

2551 W. 84th Ave.
Westminster, CO 80031

COMMUNITY MENTAL HEALTH PARTNERS

Jefferson Center

4581 Independence St. #200
Littleton, CO 80120

303-425-0300

jcmh.org

WellPower (formerly MHCD)

4455 E. 12th Ave.
Denver, CO 80220

303-504-6500

wellpower.org

All Health Network

(Arapahoe/Douglas County)

5500 S. Sycamore St.
Wheat Ridge, CO 80033

303-730-8858

allhealthnetwork.org

SUICIDE SUPPORT GROUPS

American Foundation for Suicide Prevention (AFSP)
afsp.org/find-a-support-group

Suicide Prevention Coalition of Colorado (SPCC)
suicidepreventioncolorado.org/suicide-prevention-resources/support-groups

Heartbeat Survivors After Suicide
heartbeaturvivorsaftersuicide.org

Heartlight Center
heartlightcenter.org

ONLINE RESOURCES FOR SUICIDE PREVENTION, INFORMATION, AND SUPPORT

Alliance of Hope (24/7 online support community for survivors of suicide loss)
allianceofhope.org

American Association of Suicidology
suicidology.org

American Foundation for Suicide Prevention CO Chapter
afsp.org/chapter/afsp-colorado

Colorado State Office of Suicide Prevention
303-692-2369
colorado.gov/cdphe/categories/services-and-information/health/preventions-and-wellness/suicide-prevention

Community Assessment and Coordination of Safety (C.A.C.S.)®
Suicide assessment and safety planning app for mental health and school professionals
cacs-co.com

Man Therapy
mantherapy.org

National Alliance on Mental Illness (NAMI)
nami.org

Second Wind Fund
Free therapy for Colorado youth experiencing suicide
thesecondwindfund.org

Suicide Intervention Skills Gatekeeper Training Workshops
denverqprtraining.com

Suicide Prevention Coalition of Colorado
suicidepreventioncolorado.org

Suicide Prevention Resource Center
sprc.org

OTHER CRISIS HOTLINES / SUPPORT RESOURCES

Child Abuse Report Line

CO State Child Abuse Report Line **844-CO-4-KIDS**

Adult Abuse Report Lines

Arapahoe County **303-636-1750**

Denver County **720-944-4347**

Douglas County **303-663-6270**

Jefferson County **303-271-4673**

Family Tree **303-422-2133**

Families First **877-695-7996**

Domestic Violence (DV) Resources

National DV Hotline **800-799-7233**

Family Tree DV Crisis Line **303-420-6752**

The Crisis Center 24-Hour Crisis Line **303-688-8484**

Safehouse Denver Crisis and Info Line **303-318-9989**

Rape/Sexual Assault Resources

National Sexual Assault Hotline **800-656-HOPE**

The Blue Bench **303-322-7273**

Suicide Awareness & Prevention Resources in Southern Colorado

SUICIDE PREVENTION AND CRISIS RESOURCES

Suicide and Crisis Lifeline	988
Suicide Prevention Lifeline	800-273-TALK / (800) SUICIDE
Colorado Crisis Services	844-493-TALK OR text TALK to 38255 OR chat online (4 p.m. - 12 a.m. 7 days a week) at www.coloradocrisisservices.org/chat
Veteran's Crisis Hotline	800-273-8255 ; Press option 1
Trevor Project	866-488-7386 (LGBTQ+ Youth)
Trans Lifeline	877-565-8860 (Transgender & Gender Expansive Youth and Adults)
IAMALive	iamalive.org (online crisis network with 24/7 chat)
Crisis Text Line	Text HOME to 741741 24/7

24 HOUR CRISIS WALK-IN LOCATIONS

Colorado Springs, CO
115 S. Parkside Dr.
Colorado Springs, CO 80910
aspenpointe.org

Pueblo, CO
1302 Chinook Lane
Pueblo, CO 81001
health.solutions/services/atu

Montrose, CO
300 N Cascade Ave.
Montrose, CO 81401
719-422-8800
saludclinic.org/trinidad

COMMUNITY MENTAL HEALTH PARTNERS

Cedar Springs Hospital
2135 Southgate Rd.
Colorado Springs,
CO 80906
719-633-4114
cedarspringsbhs.com

**Peak View
Behavioral Health**
7353 Sisters Grove
Colorado Springs,
CO 80923
888-235-9475
peakviewbh.com

**Parkview Medical Center
Behavioral Health**
400 West 16th St.
Pueblo, CO 81003
719-584-4000
parkviewmc.com

**Salud Family Health
Centers**
911 Robinson Ave
Trinidad, CO 81082
970-484-0999
saludclinic.org/trinidad

SUICIDE SUPPORT GROUPS

**American Foundation for Suicide
Prevention (AFSP)**
afsp.org/find-a-support-group

**Suicide Prevention Coalition of
Colorado (SPCC)**
[suicidepreventioncolorado.org/
suicide-prevention-resources/
support-groups](http://suicidepreventioncolorado.org/suicide-prevention-resources/support-groups)

Heartbeat Survivors After Suicide
heartbeaturvivorsaftersuicide.org

Heartlight Center
heartlightcenter.org

ADVOCACY/SUPPORT

Pikes Peak Suicide Prevention
719-573-7447
pikespeaksuicideprevention.org

**Depression and Bipolar Support
Alliance (DBSA)**
719-477-1515
dbsacoloradosprings.org

**National Alliance of Mental Illness
(NAMI) Colorado Springs**
719-473-8477
namicoloradosprings.org

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Alliance of Hope	(24/7 online support community for survivors of suicide loss) allianceofhope.org
American Association of Suicidology	suicidology.org
American Foundation for Suicide Prevention CO Chapter	afsp.org/chapter/afsp-colorado
Colorado State Office of Suicide Prevention	303-692-2369 colorado.gov/cdphe/categories/services-and-information/health/preventions-and-wellness/suicide-prevention
Community Assessment and Coordination of Safety (C.A.C.S.)®	Suicide assessment and safety planning app for mental health and school professionals cacs-co.com
Man Therapy	mantherapy.org
National Alliance on Mental Illness (NAMI)	nami.org
Second Wind Fund	Free therapy for Colorado youth experiencing suicide thesecondwindfund.org
Suicide Intervention Skills Gatekeeper Training Workshops	denverqprtraining.com
Suicide Prevention Coalition of Colorado	suicidepreventioncolorado.org
Suicide Prevention Resource Center	sprc.org

OTHER CRISIS HOTLINES / SUPPORT RESOURCES

Child Abuse Report Line

CO State Child Abuse Report Line **844-CO-4-KIDS**

Southern Colorado Hotlines

Alcoholics Anonymous **719-573-5020**

Narcotics Anonymous **719-637-1580**

Self-Harm Support

Self-Injury Hotline **800-DON'T CUT (800-366-8288)**

Domestic Violence (DV) Resources

National DV Hotline **800-799-7233**

Domestic Violence/Sexual Assault (TESSA) **719-633-3819**

The Crisis Center 24-Hour Crisis Line **303-688-8484**

Safehouse Denver Crisis and Info Line **303-318-9989**

Rape/Sexual Assault Resources

National Sexual Assault Hotline **800-656-HOPE**

The Blue Bench **303-322-7273**