



Suicide Prevention & Education Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or 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 or 1-844-493-8255

Text: Text "Talk" to 38255

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

- Offers free, confidential and immediate support from trained professionals and peer specialists; available 24-hours a day, 7 days a week 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.**
- Several walk-in centers are also available 24/7 in Aurora, Denver, Littleton, Wheat Ridge, Boulder, Greeley, Montrose, Colorado Springs, and Pueblo.
- The crisis lines offer translation services for non-English speakers, immediate problem-solving support, and follow up calls for continued care. **Servicios disponibles en español.**
- 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 Addition*

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988 Suicide & Crisis Hotline

Dial 988

<https://988lifeline.org/>

- Provides free and confidential emotional support and resources 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 741741

<http://www.crisistextline.org/>

- Free, confidential 24/7 emotional support for those in crisis.
- Live, 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**.
- Enrollment in VA benefits/health care not required to receive support.

Vets 4 Warriors

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

1-855-838-8255

- Connects veterans to peer counselors who provide 24/7 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 hotline offering suicide prevention and crisis intervention services for LGBTQ+ youth
- Meet new LGBTQ+ friends in TrevorSpace—an international community for ages 13-24.
- Several resources about sexual orientation, talking about suicide, LGBTQ+ mental health, gender identity, and more.
- Offers online chat and text options. Text “Start” to 678-678

YouthLine

1-877-YOUTHLINE (1-877-968-8491)

Text “teen2teen” to 839863, Live chat, or email at Teen2Teen@LinesforLife.org

<https://www.theyouthline.org>

- Free, confidential teen-to-teen crisis support and help line
- Teens available from 5-11pm MST; adults available by phone all other times.

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 1-844-493-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>Jefferson Center Walk in Crisis Center 4643 Wadsworth Blvd, Wheat Ridge, CO 80033</p>	<p>WellPower Walk in Crisis Center 4353 E Colfax Ave Denver, CO 80220</p>
<p>All Health Walk in Crisis Center 6509 S Santa Fe Drive Littleton, CO 80120</p>	<p>Aurora Mental Health Walk in Crisis Center 2206 Victor St Aurora, CO 80045</p>

Additional Resources and Information

Mental Health First Aid Colorado

<https://www.mhfacolorado.org/findclass>

- Evidence-based, public health training program that teaches participants the signs and symptoms of mental health challenges and crisis, what to do in an emergency, and where to turn for help.
- Several classes are offered free of charge to participants.
- Classes are available throughout the Denver 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

<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

<http://www.suicidology.org>

- Provides training, online materials, and information regarding survivor support