




RESOURCES

Visit

- Your Primary Care Provider, Psychiatric Hospital, Emergency Department, or Urgent Care
- Walk-In Clinic - [Colorado Crisis Services](#) 1-844-493-TALK (8255)

Nearby Walk-In Clinics

-  [Westminster Walk-In Crisis Services](#) 84th between Alcott and Bryant
-  [Wheat Ridge Walk-In Crisis Services](#) 46th & Wadsworth
-  [Littleton Walk-In Crisis Services](#) near Bowles and Santa Fe

Find a mental health provider

- Jefferson Center for Mental Health (303) 425-0300 <http://www.jcmh.org>
- Second Wind Fund (720) 962-0706 <http://www.swfmd.org>
- Jeffco Public Schools [EAP - Employee Assistance Program](#)

Connect

- Call 911 for emergencies
- [Colorado Crisis Services](#) 1-844-493-TALK (8255) or text TALK to 38255
- [National Suicide Hotline](#) 1-800-273-TALK (8255) or text TALK to 741741
- [Trevor Project](#) 1-866-488-7386 or text START to 678678 (Saving young LGBTQ lives)
- [Safe2Tell](#) 1-877-542-7233

ADDITIONAL RESOURCES

Colorado Office of Suicide Prevention (303) 692-2539 www.coosp.org

Suicide Prevention Resource Center <http://www.sprc.org>

National Institute of Mental Health <http://www.nimh.nih.gov>

American Association of Suicidology <http://www.suicidology.org>

Jefferson Center End Teen Suicide website www.endteensuicide.org

Social Media Reporting - [How to Report Suicidal Content on Social Media](#)

WHAT LEADS TO SUICIDE?

There is no single cause for suicide. Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety and substance problems, especially when unaddressed, increase risk for suicide. Yet it is important to note that most people who actively manage their mental health conditions go on to engage in life.

Understanding Risk Factors & Warning Signs

Adapted from the American Foundation for Suicide Prevention Flipbook

Some People are More at Risk for Suicide than Others



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HEALTH FACTORS

Mental health conditions

- Depression
- Substance use problems
- Bipolar disorder
- Schizophrenia and psychosis
- Personality traits of aggression, mood changes and poor relationships
- Conduct disorder
- Anxiety disorders (PTSD)

Serious or chronic health conditions and/or pain

Traumatic brain injury

ENVIRONMENTAL FACTORS

Stressful life events, like rejection, divorce, financial crisis, or other life transition or loss

Prolonged stress, such as harassment, bullying, relationship problems or unemployment

Exposure to another person's suicide, or to graphic or sensationalized accounts of suicide

Access to lethal means including firearms and drugs

HISTORICAL FACTORS

Previous suicide attempts

Family history of suicide

Childhood abuse, neglect or trauma

Risk factors are characteristics or conditions that increase the chance that a person may try to take their life.

Take Suicide Warning Signs Seriously



TALK

If a person talks about:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

Most people who take their lives exhibit one or more warning signs, either through what they say or what they do.



BEHAVIOR

Behaviors that may signal risk, especially if during a time of transition, stress or loss:

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for materials or means
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too little or too much
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue



MOOD

People who are considering suicide often display one or more of the following moods:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation
- Agitation/Anger
- Relief/Sudden Improvement