

WHAT TO AVOID

- Avoid acting shocked or lecturing the person on the value of life.
- Avoid taunting or daring him or her to “do it.”
- Avoid judging; allow him or her to express his or her thoughts or feelings.
- Avoid debates over whether suicide is right or wrong.
- Avoid offering easy reassurance — it may make the person feel as if you really don't understand or care about him or her.
- Don't keep your or another person's suicidal thoughts a secret.

WHAT TO DO

- Take risk factors and signals seriously. If you think someone is considering suicide, **ASK HIM OR HER** “Are you suicidal?” or “Do you want to kill yourself?” If the answer is “Yes,” **GET HELP**.
- Show interest in the person and be supportive of him or her.
- Offer hope that there are alternatives to suicide.
- **TAKE ACTION.** Remove methods the person might use to kill him or herself.
- Seek help from his or her family, friend, physician, clergy, etc.
- **IMMEDIATELY** contact a person or one of the organizations listed on the back of this brochure that specialize in crisis intervention or suicide prevention for help.



RESOURCES

There are many resources available to you in this community. If you or someone you know is thinking about suicide do not hesitate to contact these agencies that are available 24/7/365 to assist you:

HEALTH SOLUTIONS

24/7 CRISIS LINE:

719-545-2746

1310 Chinook Ln. | Pueblo

www.Health.Solutions/preventsuicide

Health Solutions provides behavioral health services at no cost to Health First Colorado members. These members may be charged a co-pay for medical services. Please ask our support staff for more details.



COLORADO
CRISIS SERVICES

844-493-TALK (8255)
OR TEXT TALK TO 38255

NATIONAL SUICIDE PREVENTION LIFELINE:

1-800-273-TALK

www.suicidepreventionlifeline.org

*you are
not alone*



If you or someone you know is
thinking about suicide, call:

1-800-273-TALK

(1-800-273-8255)

✂️ YOU ARE NOT ALONE

hold on to hope
COLORADO CRISIS SERVICES | 844-493-TALK (8255) OR TEXT TALK TO 38255
Health SOLUTIONS

✂️ BE PROUD OF WHO YOU ARE

hold on to hope
COLORADO CRISIS SERVICES | 844-493-TALK (8255) OR TEXT TALK TO 38255
Health SOLUTIONS

✂️ IT IS OK TO NOT BE OK

hold on to hope
COLORADO CRISIS SERVICES | 844-493-TALK (8255) OR TEXT TALK TO 38255
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REMEMBER

Any one of these signs alone doesn't necessarily indicate a person is suicidal. However, several *signals* may be cause for concern. Signals are especially important if the person has attempted suicide in the past. Listen. Be a friend. Get professional help. Your actions may save a life.

RISK FACTORS AND WARNING SIGNS:

Suicide is complicated and often misunderstood. We know that most individuals who attempt to take their own lives communicate that intent at least some time in the week prior. While any sign on it's own may not indicate suicide, it is worthy of a conversation. The more warning signs present, the greater the risk.

If a person **TALKS** about:

- Being a burden to others
- Feeling trapped
- Experiencing unbearable pain
- Having no reason to live
- Killing themselves

MOODS often displayed by people who are considering suicide include:

- Depression
- Loss of interest
- Rage
- Irritability
- Humiliation
- Anxiety

Specific **BEHAVIORS** that may signal a suicidal risk:

- Increased use of alcohol or drugs
- Looking for a way to kill themselves, such as searching online for materials or means
- Acting recklessly
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Showing signs or talking about seeking revenge
- Displaying extreme mood swings

THE **TREVOR** PROJECT
Saving Young LGBTQ Lives

1-866-488-7386

 **Veterans Crisis Line**
1-800-273-8255 **PRESS 1**
Text 838255