

(ADAPTED FROM) **COLORADO STATE OFFICE OF SUICIDE PREVENTION**

Suicide prevention begins with knowledge. Please keep this resource with you in case you need to help yourself, a loved one, or a friend. You can help save a life!

Risk Factors:

- Depression, Bi-Polar Disorder, or other mental illness.
- Significant loss (death, divorce, loss of health, separation, break-ups, loss of respect, etc.).
- Pressure to succeed.
- Family problems.
- Poor self esteem.
- Family history of suicidal behavior.
- Someone close to individual has completed suicide.

WHAT TO DO
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Take all suicide threats seriously.
One call could save a life!

- ✓ **Listen and express concern in a non-judgmental way.**
- ✓ **Take action! – get them connected with professional help.**
- ✓ **Ask questions openly (e.g., “Do you have a plan?” “Will you talk with someone who can help?”)**
- ✓ **Show that you care.**
- ✓ **Take suicide threats seriously.**

What NOT To Do

- ✓ **Do NOT keep it a secret.**
- ✓ **Do NOT sidestep the issue or treat it lightly.**
- ✓ **Do NOT leave the person alone.**
- ✓ **Do NOT offer simple solutions.**
- ✓ **Do NOT judge.**
- ✓ **Do NOT offer or suggest drugs or alcohol.**
- ✓ **Do NOT try to be a therapist – get professional help.**

Warning Signs:

- Noticeable change in behavior.
- Signs of depression (sleeping problems, change in appetite, feelings of hopelessness, etc.)
- Alcohol or drug abuse.
- Obsession with death.
- Decline in performance or participation in activities.
- Suicidal gesturing or reckless behavior.
- Giving away prized possessions.
- Unusual purchases (weapon, rope, pills).
- Sudden happiness after a prolonged depression.
- Talking about suicide or dying.
- Withdrawal from friends or family.
- Previous suicide attempts.
- Statements about hopelessness, worthlessness, helplessness.
- Inability to concentrate or trouble remembering.
- Chronic pain or frequent complaints of physical symptoms.

National Suicide Prevention 24 HOUR HOTLINE 1-800-273-TALK
Boulder County Mental Health Partners 24 Hour Crisis Line: 303-413-6388
North Range Behavioral Health 24 Hour Crisis Line: 970-347-2120