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End Teen Suicide
LIFE MATTERS.



LIFE MATTERS.
24HOURHOTLINE1-800-SUICIDE

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When
life gets
hard,
Get help.

Emergency and Crisis Services | Colorado Mental Health Centers
Where Do I Get Help?

Emergency and Crisis Services

All services may be accessed by calling (303)425-0300. Toll free 1(800)201-5264; TDD (303)432-5049

24-Hour Emergency Evaluations

Emergency assessment and evaluation services are for residents of Jefferson, Gilpin and Clear Creek Counties. Services are available 24-hours a day, seven days a week. A TDD telephone line is available for persons with hearing impairments.

HAF House(Hospital Alternative Facility)

A 24-hour mental health facility in a home-like setting, which helps adults who are in crisis. The average length of stay in the facility is three days, with a maximum stay of two weeks.

24-Hour Acute Treatment Services

Although JCMH offers child, adolescent and adult hospitalization services, every effort is made to help clients remain with their families and in their homes and communities. For clients who do not need the intensive care provided by hospitals, but who need an intensive 24-hour treatment setting, the Center offers short-term 24-hour acute treatment service.

In-Patient Services

The Center arranges for psychiatric inpatient services in a number of hospitals in the community for those individuals who are in need of a 24-hour inpatient setting.

All services may be accessed by calling (303)425-0300. Toll free 1(800)201-5264; TDD (303)432-5049

—Source: Jefferson Center for Mental Health Web Site

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Jefferson Center for Mental Health :
303.425.0300

HOTLINE
24hour
1-800-SUICIDE

RESOURCES

Additional Phone Numbers You Should Know

Yellow Ribbon Suicide Prevention International:
303-429-3530

Suicide Education & Support Services - Weld County:
970-506-2737

Suicide Prevention Partnership - Pikes Peak Region:
719-573-7447

Suicide Resource Center - Larimer County:
970-635-9301

S.A.F.E. - Moffat County Visiting Nursing Association:
970-824-8233

Pueblo Suicide Prevention Center:
719-544-1133
Teen Hotline:
719-564-5566

Suicide Crisis Intervention Line:
970-879-1632

Where Do I Get Help?

If you or someone you know is in immediate crisis, call the hotline for help: 1-800-SUICIDE

If you are anywhere in the following regions or counties, call the numbers provided:

Adams County 303-853-3500	Arapahoe County 303-617-2300
Boulder County 303-447-1665	Denver County 303-436-4100
Jefferson County 303-425-0300	Larimer County 970-498-7610 or 970-221-2114
Eastern Colorado 970-522-4392 (Includes: Logan, Sedgwick, Phillips, Yuma, Washington, Morgan, Elbert, Lincoln, Kit Carson, & Cheyenne Counties)	Midwestern Colorado 970-249- 9694 (Includes: Gunnison, Delta, Montrose, San Miguel, Ouray & Hinsdale Counties)
Western Colorado 970-945-2241 (Includes: Moffat, Rio Blanco, Garfield, Mesa, Pitkin, Eagle, Grand, Jackson, Routt & Summit Counties)	Pikes Peak Region 719-635- 7000 (Includes: El Paso, Teller & Park Counties)
Southwest Colorado 970-247-5245 (Includes: Dolores, San Juan, Montezuma, La Plata & Archuleta Counties)	San Luis Valley Region 719-589- 3671 (Includes: Saguache, Mineral, Rio Grande, Alamosa, Conejos & Costilla Counties)
Southeast Colorado 1-800-511-5446 (Includes: Crowley, Kiowa, Otero, Ben, Powers & Baca Counties)	Weld County 970-353-3686
Pueblo County 719-545-2746	

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Colorado Mental Health Centers

Colorado Behavioral Healthcare Council

CBHC is a 501(c)(3) nonprofit corporation representing the 17 statewide community mental health centers, the eight mental health managed care entities (known as "MHASAs"), two mental health clinics, and the two state Institutes. CBHC has served as a membership organization for community mental health since 1967.

Community Reach Center-Serving Adams County

Arapahoe/Douglas Mental Health Network-Serving Arapahoe and Douglas Counties

Aurora Mental Health Center-Serving Adams and Arapahoe Counties

Mental Health Center of Boulder County-Serving Boulder County and Broomfield County

Centennial Mental Health Center-Serving Logan, Sedgwick, Phillips, Yuma, Washington, Morgan, Elbert, Lincoln, Kit Carson, and Cheyenne Counties

Colorado West Regional Mental Health Center-Serving Moffat, Rio Blanco, Garfield,

Mesa, Pitkin, Eagle, Grand, Jackson, Routt, and Summit Counties

Jefferson Center for Mental Health-Serving Jefferson, Gilpin, and Clear Creek Counties

Larimer Center for Mental Health-Serving Larimer County

Mental Health Center of Denver-Serving the City and County of Denver

Midwestern Colorado Mental Health Center-Serving Gunnison, Delta, Montrose, San Miguel, Ouray, and Hinsdale Counties

North Range Behavioral Health-Serving Weld County

Pikes Peak Mental Health Center-Serving El Paso, Teller, and Park Counties

San Luis Valley Comprehensive Community Mental Health Center-Serving Alamosa, Saguache, Mineral, Rio Grande, Conejos, and Costilla Counties

Southeast Mental Health Services-Serving Crowley, Kiowa, Otero, Bent, Prowers, and Baca Counties

Southwest Colorado Mental Health Center-Serving Delores, San Juan, Montezuma, La Plata, and Archuleta Counties

Spanish Peaks Mental Health Center-Serving Pueblo, Huerfano, and Los Animas Counties

West Central Mental Health Center-Serving Fremont, Custer, Chaffee, and Lake Counties

--Source: Mental Health Association of Colorado Web Site

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COLORADO CRISIS SERVICES WALK-IN CENTER LOCATIONS

METRO DENVER REGION

- 2551 W 84th Avenue
Westminster, CO 80031
- 12055 W. 2nd Place
Lakewood, CO 80228
- 6509 S. Santa Fe Drive
Littleton, CO 80120
- 2206 Victor Street
Aurora, CO 80045
- 791 Chambers Road
Aurora, CO 80011 7a.m.-11p.m.
- 1000 Alpine Avenue (West Entrance)
Boulder, CO 80304
- 4353 E. Colfax Avenue
Denver, CO 80220

NORTHEAST REGION

- 525 West Oak Street
Fort Collins, CO 80521
- 928 12th St
Greeley, CO 80631

WESTERN SLOPE REGION

- 515 28 3/4 Road
Grand Junction, CO 81501

SOUTHEAST REGION

- 1302 Chinook Lane
Pueblo, CO 81001
- 115 S Parkside Drive
Colorado Springs, CO 80910

*www.ColoradoCrisisServices.org
1-844-493-TALK (8255)*

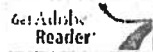
Colorado Welcome to...

Colorado.gov

Colorado Department of Public Health and Environment

- Department Home
- Colorado Children's Trust Fund and Family Resource Centers
- Colorado Child Fatality Prevention System
- Injury Prevention Program
- Office of Suicide Prevention
- Sexual Violence Prevention Program
- Youth Violence Prevention

Many documents on this site are PDF files, which require the use of the free Adobe Acrobat Reader.



Advanced Search

Injury, Suicide and Violence Prevention Unit

Office of Suicide Prevention

Linking Communities, Building Awareness, Preventing Suicide

The Office of Suicide Prevention was established to:

- Review trends, risk factors, methods, and demographics
- Review and analyze suicide prevention plans in other states;
- Look at existing strategies that recognize and respond to people who are at risk.



Upcoming Events:

coming soon

Hot Topics:

coming soon

NATIONAL para la PREVENCIÓN de SUICIDIO
PREVENCIÓN SUICIDIO
 I-800-273-TALK I-800-273-8255 I-888-628-9454
 www.suicidepreventionhotline.org www.suicidepreventionhotline.org

[Annual Report to the Legislature, 2008-2009](#) NEW

[Project Safety Net - Final Evaluation Report, 2006-2009](#) NEW

Preventing Suicide in Colorado


1998 Colorado Suicide Intervention and Prevention Plan


Resources	Public Awareness	Risk Factors	Statistics	Emergency Contacts/Links	Community Grants 2009-2012	Project Safety Net 2009-2012
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Webinars

Situational Obstacles for Suicide Prevention: Gatekeepers and the Moderating Effect of Social Support - Taylor Moore, June 2, 2009

Veteran Suicide Risk: The Role of Traumatic Brain Injury and Post-Traumatic Stress Disorder - Peter M Gutierrez, Ph.D. . May 29, 2008 (wmv file)

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Our Vision...

for the future is a community in which there is no stigma, no lack of resources and no barriers to mental health care, where recovery from mental illness is not only possible but probable and individuals with mental health problems live satisfying, contributing and hopeful lives.

General Information & Appts:


24-hour (303) 425-0300
 Toll-free (800) 201-5264
 TDD (303) 432-5540

If this is a medical emergency, call 911.

In case of inclement weather:
Office Closure Info
 (303) 432-JCMH (5264)
 TV: Channel 4, 9News
 Radio: KOA 850

List of Office Locations

Contact a Navigator for assistance in locating the services you need



Fall Into Calm

Looking forward to getting back into a routine after a fun but hectic summer, but not to the return of stressful workdays, juggling school and kids' activities and the end of carefree summer days? Use these tips to help you beat the stress, and fall into calm.

Simplify your morning. Prepare the night before. Decide what you are going to wear and be sure it's ready.

Lighten up! Seeing the humor in a situation can help you better manage stress.

Find a quiet place of your own even if it's just a chair in a corner.

Be well! Drink plenty of water, eat nutritious meals.

Featured information

[Back to School Tips](#)

[During Times of Crisis & Trauma](#)

[Suicide Prevention & Intervention](#)

[Consumer & Family Information](#)

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Solutions
at Jefferson Center
 Outpatient care for clients with commercial insurance.
[Learn More](#)

Community Connection
NEWSLETTER

Jefferson Center is going green!

Help us in our efforts towards environmental responsibility. **Sign up now** to receive our FREE newsletter and other communications by email.


Events



REGISTER NOW!

Policy Action Network (PAN)
September Events
 Register to vote or learn more about the voting process, issues, and candidates

Serving Jefferson, Arapahoe and Clear Creek Counties for Over 50 Years

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When
life gets
hard,
Get help

Welcome. No matter why you're here, thanks for visiting.

You've taken the first step towards saving a young life. Maybe the life of a friend or classmate. A son or daughter. Or even your own.

Suicide is the second leading cause of death for young Coloradans. That's a heartbreaking statistic, because suicide is preventable. Teens who commit suicide don't want to end their life. They want to end their pain.

Every year countless teenagers reach a crisis point where suicide seems like the only way out. They're convinced nothing matters. Nobody cares. No one can help.

But when life gets hard, help is out there. Twenty-four hours a day, seven days a week. No one needs to be alone. There are people who care. Organizations that can provide free help. And ways to end the pain without ending a life.



Jefferson Center for Mental Health :
303.425.0300

HOTLINE
24hour
1-800-SUICIDE

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The banner features the End Teen Suicide logo with the tagline "LIFE MATTERS." and a circular inset photo of a smiling man. Below the logo is a navigation menu with links: Home, Contact, Get Help Now, About Teen Suicide, Warning Signs, Preventing Teen Suicide, GLBTQ, Latino/Hispanic, What's New, Support Groups, and About Us. The main graphic on the right shows a woman's face, a clock, and the text "When life gets hard, Get help." with a star icon.

Warning Signs | What To Do | What Not To Do

Warning Signs:

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

- 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.

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What To Do

- 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.

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What Not To Do



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HOTLINE
24hour
1-800-SUICIDE

RESOURCES

SUICIDE IN COLORADO

- Suicide is the leading cause of injury death in Colorado (Based on 2004-2006 data).
- Colorado is currently ranked 6th in the country for suicide. (Based on 2005 data)
- Suicide is the 2nd leading cause of death for young Coloradans ages 10-34.
- In recent years Colorado has consistently ranked among the top ten states for suicide death rates.
- Colorado suicide rates have exceeded the national average by almost 40% since suicide data was first collected in 1910.
- Approximately 60 Coloradans die by suicide every month.
- In comparison with other public health concerns, suicide claims nearly as many lives as motor vehicle crashes, and more than diabetes, homicide, and AIDS.

- 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.

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The banner features the End Teen Suicide logo with the tagline "LIFE MATTERS." and "24hour HOTLINE 1-800-SUICIDE". It includes a navigation menu with links: Home, Contact, Get Help Now, About Teen Suicide, Warning Signs, Preventing Teen Suicide, GLBTO, Latino/Hispanic, What's New, Support Groups, and About Us. A central graphic shows a woman's face and the text "When life gets hard, Get help." with a star icon.

Support Groups

When Someone Close to You Has Died by Suicide

Recommended Reading For Survivors of Suicide

When Someone Close to You Has Died by Suicide

You are experiencing one of the most traumatic and painful events of your life. You are likely feeling shocked and have many questions running through your mind. Understanding your emotions and learning something about suicide may ease your grief. More than 30,000 people die by suicide every year. People of all ages, gender, race, and economic status complete suicide. Health care professionals have been searching for answers to the question of why for many years. Experts generally agree that people who take their own life feel an overwhelming sense of hopelessness, isolation, and emotional pain, despite what support may have been provided. A person who completes suicide is likely not seeking to die, but rather to end their pain.

Circumstances such as marital problems, loss, financial difficulties, job stress can contribute to feelings of hopelessness and it may be that the suicidal individual thought there was no solution, other than death, to overcoming problems.

Sometimes there are no apparent reasons or causes. No matter how much you try to find a reason, there won't be an answer to the question of WHY?

As you try to make sense of what has happened, you will need to deal with feelings of shock, anger, and guilt. Your reactions may be more intense than for a death from natural causes. Your grief and sadness will never go away, but it will subside. You will be able to pick up the pieces of your life and rebuild.

There is hope. There is help.
Reach out for help from family and friends or consider attending a support group.

For more information about support groups or information on surviving suicide please call the Office of Suicide Prevention (303) 692-2560.

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Recommended Reading For Survivors of Suicide

Bolton, I.	My Son...My Son...A Guide to Healing After
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HOTLINE
24hour
1-800-SUICIDE

RESOURCES

A Survivor's Story

I don't know why. I will never know why. I don't have to know why. I don't like it. I don't have to like it. What I have to do is make a choice about my living. The choice is mine. I can go on living, valuing every moment in a way I never did before, or I can be destroyed by it and, in turn destroy others. I thought I was immortal. That my family and my children were also. That tragedy happened only to others. But I know no that life is tenuous and valuable. So I am choosing to go on living, making the most of the time I have, valuing my family and friends in a way I never thought possible before.

Iris Bolton, Survivor

	Death, Loss, or Suicide
Carlson, T.	Suicide Survivors' Handbook
Clarke, J.	Life After Grief - A Soul Journey
Cox, G., Bendiksen, R., & Stevenson, R.	Complicated Grieving and Bereavement
Delts, B.	Life After Loss
Doka, K.	Living With Grief After Sudden Loss
Dunne, E.J., McIntosh, J.L., & Dunne-Maxim, K.	Suicide and Its Aftermath: Understanding and Counseling the Survivors
Fine, C.	No Time to Say Goodbye
Fitzgerald, H.	The Grieving Teen - A Guide for Teenagers and Their Friends
Gootman, M.	When a Friend Dies - A Book for Teens About Grieving & Healing
Hewitt, J.H.	After Suicide
Jamison, K.R.	Night Falls Fast: Understanding Suicide
Jenkins, B.	What to Do When the Police Leave
Krementz, J.	How It Feels When a Parent Dies
Kushner, H.	When Bad Things Happen to Good People
Lewis, C.S.	A Grief Observed
Lightner, C.	Giving Sorrow Words
Linn-Gust, M.	Do They Have Bad Days in Heaven? Surviving the Loss of a Sibling
Lukas, C. & Selden, H.M.	Silent Grief: Living in the Wake of Suicide
Mishara, B.	The Impact of Suicide
Quinett, P.	Suicide, the Forever Decision
Rando, T.	Parental Loss of a Child
Rando, T.	How to Go on Living When Someone You Love Dies
Rosenfeld, L. & Prupas, M.	Left Alive: After a Suicide Death in the Family
Ross, E.	After Suicide: A Ray of Hope
Shaefer, D. & Lyons, C.	How Do We Tell the Children ?
Whitmore Hickman, M.	Healing After Loss
Wroblewski, A.	Suicide: Survivors - A Guide for Those Left Behind
Wroblewski, A.	Suicide: Why?

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