



WHAT DO I NEED TO KNOW ABOUT YOUTH SUICIDE? Tips for keeping your child safe

Take risk factors and warning signs seriously.

Studies have found that more than 75% of people who die by suicide showed some of the warning signs in the weeks or months prior to their death.

- Risk factors for suicidal behavior:
 - Access to weapons / means of harming self
 - Loss of significant other
 - Social or academic problems at school
 - Family or personal stress
 - Substance abuse
 - Depression and other mental health issues
 - Previous suicide of peer or family member
 - Questions regarding sexual orientation

- Potential warning Signs:
 - Significant changes in behavior, appearance, grades, eating or sleeping habits, or withdrawing from friends.
 - Making suicidal threats – either direct “I want to die” or indirect “things would be better if I weren’t here.”
 - Appears sad or hopeless
 - Reckless behavior
 - Self-inflicted injuries
 - Giving away prized possessions
 - Saying goodbye to friends and family /Making out a will

*It is important to remember the signs and risk factors listed are generalities. Not all students who contemplate suicide will exhibit these kinds of symptoms and not all students who exhibit these behaviors are suicidal.

LIMIT ACCESS TO WEAPONS, PRESCRIPTION DRUGS, MEDICATION, AND OTHER MEANS .

Supervise your at risk child 24/7.

It is important that parents surround themselves with a team of supportive friends or family members who can stop in and help as needed.

Ask

Asking if someone is suicidal does not make that person suicidal. Asking if someone is having suicidal thoughts gives him/her permission to talk about it. Asking sends the message that you are concerned and want to help.



Listen without judgment

Avoid making statements such as “I know what it’s like” or “I understand.” Instead make statements such as “Help me understand what life is like for you right now.”

Reaffirm with your child that things can get better.

Many suicidal people have lost all hope that life can improve. They may have difficulty problem solving even simple issues. Remind your child that no matter how bad things are, the problem can be worked out. Offer your help.

Get Help

If you have concerns that your child is suicidal, seek immediate help from a mental health practitioner. Suicidal students need to be evaluated by an expert in assessing risk and developing treatment plans. Parents can contact psychologists, social workers, or counselors at school for a listing of resources. Parents may also want to consult with their insurance company to obtain a list of mental health providers covered by their policy. When you call to make an appointment, state that your child is suicidal and needs to be seen as soon as possible.

Additional Resources;

- o The Second Wind Fund at 1-303-988-2645 or www.thesecondwindfund.org
- o Douglas County Youth & Family Resource Guide
<http://douglascountylibraries.org/Community/YouthResourcesDirectory>

Know and be ready to use emergency services:

- POLICE/MEDICAL CARE 911
 - o Douglas County Sheriff’s Department: 303-660-7505
 - Castle Rock Police Department: 303-663-6100
 - Lone Tree Police Department: 303-339-8150
 - Parker Police Department: 303-841-9800
- Suicide Prevention Lifeline 1-800-273-TALK (1-800-273-8255)
- National Hopeline Network 1-800-SUICIDE (1-800-784-2433)
- Linea Nacional de Esperanza 1-800-SUICIDA (1-800-784-2432)
- Safe-to-Tell 1-877-542-SAFE
- DCSO Tips (a Text-a-Tip app) available on iOS and Android

For more information about depression and suicide:

- American Foundation for Suicide Prevention www.afsp.org
- American Association of Suicidology www.suicidology.org
- National Mental Health Association www.nmha.org

Quick Reference Guide

for Behavioral Health Crisis Access

What is Community Crisis Connection:

Community Crisis Connection is part of Colorado's statewide crisis system which makes behavioral health crisis care accessible for Coloradans of all ages. This system includes the statewide Colorado Crisis Support Line and the following programs delivered by Community Crisis Connection in the metro Denver/Boulder region:

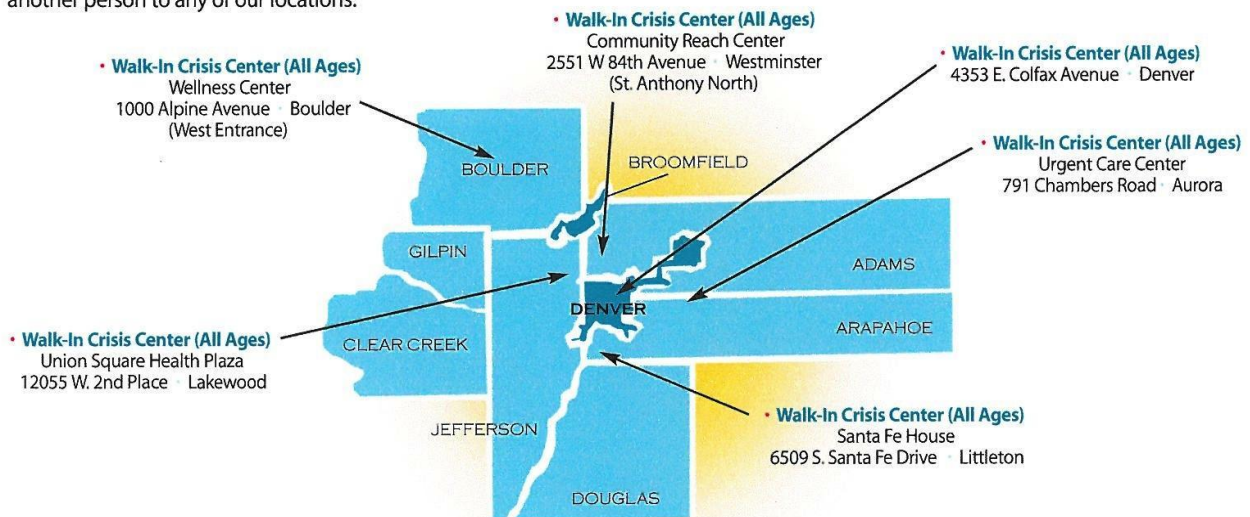
- **Walk-In Crisis Centers:** Located across metro Denver/Boulder for anyone experiencing a behavioral health crisis.
- **Crisis Stabilization Units:** Combine walk-in availability with short-term respite or residential treatment if needed.
- **Mobile Crisis:** Crisis counselors can travel throughout all nine counties in the metro Denver/Boulder region. Colorado Crisis Support Line staff are responsible for dispatching these teams when warranted.

All services are available 24 hours/day, 7 days/week, 365 days/year. Types of services include:

- **Behavioral Health Triage & Substance Use Screening**
- **Immediate Crisis Intervention**
- **Follow-up Crisis Services when needed:** Clinical and/or psychiatric assessments, ongoing de-escalation and crisis interventions, medication evaluation, peer support services, and case management services.
- **Disposition/Referral:** Safety planning, referral to other providers, and support for involved family and significant others.

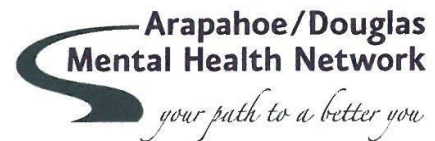
How to Access Community Crisis Connection Programs:

- **By Phone:** Call Colorado Crisis Support Line: **1-844-493-TALK (8255) - available 24/7/365**
- **Walk-in/Referral:** Individuals and families in crisis are welcome and encouraged to walk in. Any community member can refer another person to any of our locations.



Community Crisis Connection partners include:

- Mental Health Partners (Boulder and Broomfield Counties)
- Jefferson Center for Mental Health (Jefferson, Clear Creek and Gilpin Counties)
- Community Reach Center (Adams County except Aurora)
- Mental Health Center of Denver (Denver City and County)
- Aurora Mental Health Center (City of Aurora)
- Arapahoe/Douglas Mental Health Network (Arapahoe and Douglas Counties except Aurora)



Call Colorado Crisis Support
24/7/365 at 1-844-493-TALK (8255)



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