

## Additional Resources

**Zero Suicide Institute:** [zerosuicide.sprc.org](https://zerosuicide.sprc.org)

**The National Suicide Prevention Lifeline:**  
[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org) | 1-800-273-8255

**Man Therapy:** [mantherapy.org](https://mantherapy.org)

**Peak Military Care Network:**  
[pmcn.org](https://pmcn.org) | 719-577-7517

**Be There:**  
[veteranscrisisline.net/BeThere](https://veteranscrisisline.net/BeThere) | 1-800-273-8255 press 1

**Below the Surface (designed by teens, for teens):**  
[belowthesurfaceco.com](https://belowthesurfaceco.com) | text TALK to 38255

**Project Reasons:** [projectreasons.org](https://projectreasons.org)

**Second Wind Fund:**  
[thesecondwindfund.org](https://thesecondwindfund.org) | 720-962-0821

**Sources of Strength:** [sourcesofstrength.org](https://sourcesofstrength.org)

Need additional help with suicidal thoughts or other services for your health and well-being?

Contact CCHA Member Support Services  
We are here to help.

303-256-1717 | 719-598-1540 | 1-855-627-4685

For callers with hearing or speech disabilities,  
please call (TTY 711)

Mon-Fri, 8 a.m.-5 p.m.

[CCHAcared.com](https://CCHAcared.com)



**Suicide**  
Know the Warning Signs  
& How to Get Help



Balancing work, families and social lives can be challenging. It may create stress that is difficult to manage. People who are also dealing with mental illness are more likely to have a tough time and may even have thoughts of taking their own lives.

## How can you support friends and family in a crisis?

First, it's important to take all threats of harming oneself seriously.

### What are the risk factors of suicide?

- A family history of suicide
- Substance use problems
- Access to firearms or a lethal means of harm
- A serious or chronic medical illness
- A recent tragedy or loss
- Age (people under age 24 or above age 65 are at a higher risk for suicide)
- A history of trauma or abuse

### What are the warning signs of suicide?

- Talking about suicide, death or "going away"
- Giving away personal items
- Talking about feeling hopeless, sad or depressed
- Staying away from friends, family or activities
- Having trouble thinking clearly
- Changes in eating or sleeping habits
- Engaging in risky behavior (drinking alcohol, taking drugs, cutting themselves)

## How can you help a friend or family member in crisis?



**Keeping suicidal thoughts a secret does not help anyone. If you or someone you know is thinking about suicide, help is available.**

### Call to talk with a trained professional 24/7, at no cost.

- If you or a loved one are having a medical emergency, call 9-1-1.
- National Suicide Prevention Lifeline **1-800-273-TALK (8255)**
- Health First Colorado Nurse Advice Line **1-800-283-3221** or **711 (TTY)**
- Colorado Crisis Services **1-844-493-8255** or text **TALK to 38255**