

SUICIDE PREVENTION WEEK

September 4 -10



There is hope. There is help.
colorado.edu/health/suicideprevention



Health Promotion
UNIVERSITY OF COLORADO BOULDER



Ask the question:

“Have you had thoughts of suicide?”

or

“Are you thinking of killing yourself?”



Ask when someone:



- Experiences significant changes in weight, eating habits, or personal hygiene
- Isolates themselves
- Feels like a burden to others
- Gives away their possessions
- Engages in increasingly risky behavior
- Alcohol and drug abuse
- Engages in self-harm
- Seems increasingly more depressed
- Starts talking about death
- Jokes about killing themselves
- Experiences significant behavioral or/emotional change





**By asking the question,
we communicate
that we really care about
the person.**





If you or someone you know needs support:

There are people who can help.



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Health Promotion



Provides suicide prevention trainings

 **303-492-2937**

 **Wardenburg 346**

 **colorado.edu/health/promotion**



Counseling and Psychiatric Services (CAPS)



Walk-in services and crisis care

 **303-492-2277 (24/7 support)**

 **Center for Community N352**

 **colorado.edu/counseling**

Colorado Crisis Services



Walk-in and crisis services

 **1-844-493-8255 (24/7 support)**

 **Text 'TALK' to 38255**

 **3180 Airport Road, Boulder**

 **coloradocrisiservices.org**



Faculty and Staff Assistance Program



Counseling, mental health outreach
and drop-in hours

 **303-492-3020**

 **3100 Marine St, Boulder, CO**

 **colorado.edu/hr/faculty-staff-assistance-program**



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Suicide & Crisis Lifeline

 **Dial 988**

 **988lifeline.org**



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Veterans Crisis Line



**Free hotline, online chat and texting support
for veterans in crisis and their community**

 **Dial 988, press 1**

 **Text 838255**

 **veteranscrisisline.net**



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The Trevor Project



**Free hotline, online chat and texting support
for LGBTQ+ youth**

 **1-866-488-7386 (24/7 support)**

 **Text 'START' to 678-678**

 **thetrevorproject.org**



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Crisis Text Line



Text 'HOME' to 741741 (24/7 support)



crisistextline.org

