



# Suicide Prevention and Information Resources

[Colorado Crisis Services](#) - A statewide resource that provides walk-in services for crisis intervention, referrals, or information. Crisis line: **(1-844-493-8255)** and Text "TALK" to 38255. The crisis support line and walk-in centers are confidential and are available 24/7/365.

[National Suicide Prevention Lifeline](#) – Provides 24/7, free and confidential support for anyone experiencing distress and suicidal thoughts. Additionally, the organization offers prevention and crisis resources **(1-800-273-8255)**.

[The Trevor Project](#) – Provides crisis intervention and suicide prevention for LGBTQI+ youth through the TrevorLifeline **(866-488-7386)**, TrevorChat and TrevorText (text "TREVOR" to 202-304-1200).

[Safe to Tell](#) – anonymous way for students, parents and community members to report unsafe and risky behaviors before they grow out of control. **(1-877-542-7233)**,

[Colorado Office of Suicide Prevention](#) –A state-funded organization that supports suicide prevention and intervention efforts throughout Colorado.

[American Association of Suicidology \(AAS\)](#) – A national organization dedicated to the understanding and prevention of suicide. AAS offers many resources including suicide facts and statistics, recommended reading, videos and links, as well as information for survivors, such as suggested books and support groups.

[American Foundation for Suicide Prevention \(AFSP\)](#) – A national organization whose efforts focus on suicide prevention through research, education and advocacy, as well as information and support for suicide loss.

[Speaking of Suicide](#) - Stacey Freedenthal, PhD, LCSW, Associate Professor of Social Work at the University of Denver, and researcher in suicide has developed this site "for suicidal individuals and their loved ones, survivors, mental health professionals and the merely curious."

[Suicide Prevention Coalition of Colorado \(SPCC\)](#) – A Colorado-based organization that works statewide to prevent suicide and mitigate its impact.

[Suicide Prevention Resource Center \(SPRC\)](#) – An organization that provides prevention support, training and resource materials to strengthen suicide prevention networks.



## Mental Health Resources

[Mental Health America](#) - Promotes mental health, the prevention of mental health disorders and achieving victory over mental illness through advocacy, education, research and service.

[Mental Health Colorado](#) – The state of Colorado's leading advocate for prevention, diagnosis and treatment of mental health and substance use disorders.

[National Institute of Mental Health \(NIMH\)](#) – Provides information regarding mental health disorders, diagnoses, current research, as well as resources and current news and articles regarding mental health.

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) – Offers information about mental health and substance abuse, as well as current publications, resources and a provider and facility locator for treatment.

[Colorado School Safety Resource Center \(CSSRC\)](#) – Provides free consultation, resources, trainings and technical assistance to foster safe and secure learning environments, positive school climates and early intervention to prevent crisis situations.

[National Alliance on Mental Illness](#) – Mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.



## Support Programs and Community Resources

Heartbeat - Peer grief support after the suicide of a loved one, offering empathy, encouragement and direction. Heartbeat meetings as well as other support groups can be found by clicking [HERE](#).

[Judi's House](#) - Provides support groups for children and their families grieving the death of a loved one from any cause, including suicide.

American Association of Suicidology - A Handbook for Survivors of Suicide ([English](#) or [Spanish](#))

American Foundation for Suicide Prevention – [Find a Support Group](#), [Children, Teens and Suicide Loss](#), [Books for Loss Survivors](#)

[El Centro de las Familias](#) – El Centro de las Familias, part of the Mental Health Center of Denver, is a multi-cultural clinic providing Spanish-language and bilingual outpatient mental health care to Denver's Latino/Hispanic community.

[Colorado Black Health Collaborative \(CBHC\)](#) – This organization is committed to improving the health and wellness in Colorado's Black, African, and African-American communities through and offer community events and programs, health resources, news and information, and work with a variety of partners throughout Colorado.

[The GLBT Center of Colorado](#) – This Colorado nonprofit provides a variety of community events, inclusive programming for youth and adults alike and works to enrich the lives of the gay, lesbian, bisexual, transgender and queer community across the state.

[The Gender Identity Center of Colorado \(GIC\)](#) – The GIC is a local organization that provides individual, family, and youth counseling services to the Transgender and Gender-Nonconforming community on a sliding scale and reduced-rate basis. Additionally, the GIC provides a variety of drop-in support groups and community events throughout the year.