If you or someone you know is in crisis,
call 1-800-273-TALK (8255) or 9-1-1 immediately.

Suicide Resources

Basic Suicide Prevention, Postvention, Facts, and more

Suicide Prevention Coalition of Colorado (SPCC) – www.suicidepreventioncolorado.org

American Foundation for Suicide Prevention (AFSP) – www.afsp.org

American Association of Suicidology (AAS) – www.suicidology.org

Carson J Spencer Foundation (suicide prevention in the workplace) – http://www.workingminds.org/

Centers for Disease Control and Prevention (CDC) – www.cdc.gov

Colorado Office of Suicide Prevention (OSP) – http://www.cdphe.state.co.us/pp/suicide/

The Hope Coalition, Boulder – http://www.hopecoalitionboulder.org/

The Jason Foundation (youth suicide prevention) – http://www.jasonfoundation.com/index.php

Second Wind Fund (youth suicide prevention) – http://www.thesecondwindfund.org/

Sources of Strength (youth suicide prevention/peer networking – http://www.thesecondwindfund.org/

Websites to specific information are below. Email andrea@suicidepreventioncolorado.org for a clickable pdf to these Websites.

Risk Factors and Warning Signs

Risk Factors for suicide, AFSP, http://www.afsp.org/index.cfm?page_id=05147440-E24E-E376-BDF4BF8BA6444E76

Warning signs of suicide, AFSP, http://www.afsp.org/index.cfm?fuseaction=home.viewPage&page_id=0519EC1A-D73A-8D90-7D2E9E2456182D66

Warning signs of suicide, The Jason Foundation, http://www.jasonfoundation.com/facts/cause/index_warningsigns.php

What to do if you think someone is at risk for suicide, AFSP, http://www.afsp.org/index.cfm?fuseaction=home.viewPage&page_id=F2F25092-7E90-9BD4-C4658F1D2B5D19A0

Resources for Survivors of Suicide

HEARTBEAT Colorado Support Groups – http://heartbeatsurvivorsaftersuicide.org/index.shtml

What can you do to help a survivor? American Association of Suicidology – http://www.suicidepreventioncolorado.org/AAS%20Helping%20Survivors.pdf

Survivors of suicide fact sheet, AAS, http://www.suicidology.org/c/document_library/get_file?folderId=229&name=DLFE-82.pdf

Coping with a suicide loss, American Foundation for Suicide Prevention, http://www.afsp.org/index.cfm?fuseaction=home.viewPage&page_ID=FED822A2-D88D-4DBD-6E1B55D56C229A75

Additional Websites for survivors, AFSP – http://www.afsp.org/index.cfm?fuseaction=home.viewPage&page_id=FF3C1B92-E45D-41CA-DDB62301890DEE0B

Suicide Prevention, Postvention and Facts

Suicide Prevention Coalition of Colorado – www.suicidepreventioncolorado.org/mentalheath.htm

Centers for Disease Control and Prevention – http://www.cdc.gov/ViolencePrevention/suicide/

Understanding suicide fact sheet (geared toward the general public), CDC, http://www.suicidepreventioncolorado.org/CDC%20Understanding%20Suicide%20Fact%20Sheet.pdf

National Statistics at a Glance, CDC – http://www.cdc.gov/violenceprevention/suicide/statistics/aag.html

Suicide and Older Adults

National Institute for Mental Health – http://www.nimh.nih.gov/health/publications/older-adults-depression-and-suicide-facts-fact-sheet/index.shtml