



Suicide Prevention Month —

September is **National Suicide Prevention Month**. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

National Suicide Prevention Week is the Monday through Sunday surrounding World Suicide Prevention Day. It's a time to share resources and stories, as well as promote suicide prevention awareness.

World Suicide Prevention Day is Sept. 10. It's a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most.

Question, Persuade, Refer

- You do not need to be a clinician to prevent suicide or offer hope to a loved one.
- Know the warning signs. Talk. Behavior. Mood. For more information: <https://afsp.org/risk-factors-and-warning-signs>

Q: Don't be afraid to ask!

Ask your loved one who you are worried about if they are thinking about ending their life. If they say no, **BE PERSISTANT!** This means to tell them the signs that you are seeing and let them know why you are worried. Remember: asking someone about suicidal intent **WILL NOT** put the idea in their head.

P: Offer hope in any way!

At this time, you can call the Colorado Crisis Line at **1-844-493-8255** or text **TALK to 38255** or call Health Solutions and ask to speak to Crisis. You can also just listen and be present. Suicidal people most often feel like they are alone or are a burden. You can help them by offering loving, supporting hope above all else.

R: There are many resources available to you.

If you or someone you know is thinking about suicide do not hesitate to contact these agencies that are available 24/7/365 to assist you:

HEALTH SOLUTIONS 24/7 CRISIS LINE

719-545-2746, 1310 Chinook Ln. | Pueblo
www.Health.Solutions/preventsuicide

NATIONAL SUICIDE PREVENTION LIFELINE:

1-800-273-TALK www.suicidepreventionlifeline.org

you are not alone

YOU ARE NOT ALONE

hold on to hope



COLORADO
CRISIS SERVICES | 844-493-TALK (8255)
OR TEXT TALK TO 38255



BE PROUD OF WHO YOU ARE

hold on to hope



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IT IS OK TO NOT BE OK

hold on to hope



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