HOW TO HELP AN EMPLOYEE/COLLEAGUE

START

Check-in and listen thoughtfully: “I’ve noticed (blank). How have you been feeling lately?”

NO

Remind them that you care, and make a referral for resources (EAP, counseling). Set up a check-in with the person on a regular basis.

YES

Ask directly: “Have you thought about killing yourself?” or “Have you considered suicide?”

Call the Colorado Crisis Hotline (1-844-493-8255) or the SummitStone Warm Line (970-494-4200) together.

NO

Do not leave person and get them a safe transport (family, friend, mobile crisis team, police “CIT”) to SummitStone, ER, Mountain Crest, or Clearview Behavioral Health.

YES

Validate: “That must be difficult, thank you for letting me know.”

YES

Get more information: How long have you been having those thoughts?” (document). Then ask: “Do you have a specific plan of how you would kill yourself?”

NO

Follow-up: Let them know you care and inform them of available resources (EAP, counseling, sick leave/time off policies, etc.)

START