WHAT TO DO IF YOU'RE CONCERNED

START

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

Ask Directly: “Have you thought about killing yourself?” or “Are you considering suicide?”

YES

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

Take Action: Connect them to appropriate resources.

NO

Offer to call the crisis line together. Stay with them and find a safe transport (family, friend, mobile crisis team, police “CIT”) to SummitStone, ER, Mountain Crest, or Clearview Behavioral Health.

Colorado Crisis Services: 1-844-493-8255
SummitStone Warm Line: 970-494-4200

Let the person know you care, and maintain contact by checking in with them regularly.

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www.allianceforsuicideprevention.org

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