

# WHAT TO DO IF YOU'RE CONCERNED

## START

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

**NO**

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

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

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

**YES**

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

Take Action:  
Connect them to appropriate resources.



Alliance for  
**SUICIDE PREVENTION**  
of Larimer County

[www.allianceforsuicideprevention.org](http://www.allianceforsuicideprevention.org)