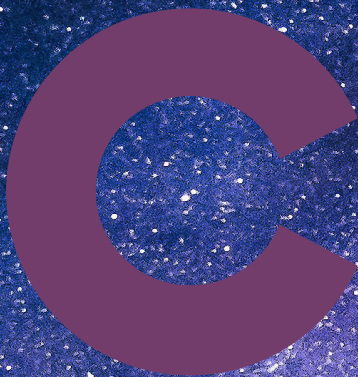


We



Hope

**PREVENT
SUICIDE**

**WALK IN CENTER OPEN 24/7
FOR CRISIS SUPPORT AND
CONVERSATION**

AllHealth's Crisis Hotline: (303) 730-3303



**AllHealth
NETWORK**

**Your neighborhood resource for
CARE. COMMUNITY. CONNECTION.
CONVERSATION.**

AllHealth Network does not discriminate on the basis of race, color, national origin, religion, age, sex, gender, sexual orientation, or disability.

Step 1: Observe

Signs of suicide include someone:

- With history of suicide attempts
- Directly communicating their plan by saying "I want to kill myself"
- Indirectly communicating their plan by saying "I feel like I am a burden on others"
- Experiencing a loss or giving away prized possessions
- Acting considerably different than they typically do
- Expressing hopelessness
- Withdrawing from or eliminating social connections

Step 2: Ask

ASK DIRECTLY

"Are you thinking of killing yourself?"

Asking this question will not put the idea into someone's mind.

DO NOT ASK

"You aren't thinking of killing yourself, right?"

Asking the question this way may encourage people to minimize their thoughts or plan.

Step 3: Access Help

If you have concerns about someone's safety here is where you can find help:

AllHealth Walk in Center: **303-730-3303 | 6509 S Santa Fe Dr. Littleton, CO 80120**

National Suicide Prevention Lifeline: **1-800-273-8255**

Crisis line for Veterans: **1-800-273-8255, press 1**

Nacional de Prevención del Suicidio: **1-888-628-9454**

Download the free MY3 app: **Create a plan to stay safe when having thoughts of suicide**

Trevor Lifeline for LGBTQ: **1-866-488-7386 or Text "START" to 678678**

Emergency Responder Crisis Text Line: **Text "BADGE" to 741741 for confidential connection to a trained crisis counselor 24/7**

Colorado Crisis Services Hotline: **1-844-493-8255 or Text "TALK" to 38255**

In partnership with:



COLORADO
CRISIS SERVICES

844-493-TALK (8255)
OR TEXT TALK TO 38255