

Suicide Prevention

Suicide Hotline Numbers

El Paso County: Pikes Peak Mental Health, 24 hours /7 days, (719) 635-7000

<http://www.colorado.gov/cs/Satellite/CDPS-SafeSchools/CBON/1251622848148>

Youth Suicide Risk Factors and Warning Signs

There is no definitive checklist of either risk factors or warning signs for adolescent suicide. This handout from the Colorado School Safety Resource Center is provided as a guideline. Please consult the Colorado School Safety Resource Center's: *Resources for Youth Suicide Prevention and Intervention* for additional information.

<http://www.colorado.gov/cs/Satellite?blobcol=urldata&blobheadername1=Content-Disposition&blobheadername2=ContentType&blobheadervalue1=inline%3B+filename%3D%22Youth+Suicide+Risk+Factors+and+Warning+Signs.pdf%22&blobheadervalue2=application%2Fpdf&blobkey=id&blobtable=MungoBlobs&blobwhere=1251899637354&ssbinary=true>

Preventing Youth Suicide - Tips for Parents and Educators

Suicide is the third leading cause of death among youth between 10 and 19 years of age.

However, *suicide is preventable*. Youth who are contemplating suicide frequently give warning signs of their distress. Parents, teachers, and friends are in a key position to pick up on these signs and get help. Most important is to never take these warning signs lightly or promise to keep them secret.

http://www.nasponline.org/resources/crisis_safety/suicideprevention.aspx

Save a Friend: Tips for Teens to Prevent Suicide

http://www.nasponline.org/resources/crisis_safety/savefriend_general.aspx

Times of Tragedy: Preventing Suicide in Troubled Children and Youth, Part I

http://www.nasponline.org/resources/crisis_safety/suicidept1_general.aspx

American Academy for Child and Adolescent Psychiatry

The AACAP provides a Depression Resource Center as well as specific information related to depressed children, symptoms of depression, teen suicide, and children and grief.

www.aacap.org

Depression and Bipolar Support Alliance (DBSA)

DBSA provides resources in the areas of education, wellness options, and peer support for individuals struggling with depression and bipolar disorder.

www.dbsalliance.org

Yellow Ribbon Suicide Prevention Program

Yellow Ribbon is a grass-roots, community based, volunteer organization developed to serve youth and the communities that surround them, and to address youth/teen suicide through public awareness, education and training to help communities build new and/or strengthen existing programs.

<http://www.yellowribbon.org/>

National Institute of Mental Health Suicide Prevention

NIMH provides facts about suicide and suicide prevention as well as treatment options and national research.

<http://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA's goal is to provide individuals, families, professionals, and organizations with information and resources to seek help, provide assistance, and/or implement suicide prevention programs in their communities.

<http://www.samhsa.gov/prevention/suicide.aspx>