

Mental Health & Suicide Prevention Resources

Encourage the person to call a suicide hotline number & get help from a trained professional as quickly as possible.

Call 988 Modeled after 911, the new three-digit [988 Suicide & Crisis Lifeline](#) is designed to be a memorable and quick number that connects people who are suicidal or in any other mental health crisis to a trained mental health professional. Use that same number and press "1" to reach the Veterans Crisis Line.

Text HOME to 741741 for the Crisis Text Line. Within minutes get connect to a trained mental health professional who will communicate through texting.

Visit coloradocrisiservices.org to find out your local 24/7 Colorado Crisis Services' walk-in location. Walk in and get in-person, confidential crisis support, information, and referrals right when you need it most.

Not in crisis but wanting to learn more about other mental health resources that are available to you and your loved ones.

These resources may be available through your insurance at little to no cost.

- **TalkSpace:** Licensed therapists and psychiatrists available via live video and private texting, maintains relationship throughout treatment, offers online scheduling, and provides therapeutic services to ages 13 and up
- **Sondermind:** Sondermind makes it easier for people who are searching for a mental health professional who are available for video, texting, and in-person sessions. (Sondermind offers self-pay options that may be cheaper than your insurance)
- **Happify (App):** Happify helps build skills through innovative ways of practicing positive psychology, CBT, and mindfulness, using activities and games that help you lead a more fulfilling life and for lasting happiness

[Ellie Mental Health](#) Ellie Mental Health centers providing therapeutic services to children, adolescents, adults, couples, and families. Centers located across the front range, from Colorado Springs to Fort Collins and spreading beyond west and to other states as well.

[Psychology Today: Health, Help, Happiness + Find a Therapist](#) (click on find a therapist)- You can choose specifics based on location, insurance coverage, preferred gender, specific areas of therapeutic approach, etc.

Check out your local behavioral health centers, which offer a variety of services including support groups, individual & family therapy, and sliding scale payment options:

- **Jefferson Center for Mental Health** <http://jcmh.org>
- **Mental Health Center of Denver** <https://mhcd.org/> Spanish link: <https://mhcd.org/el-centro-de-las-familias-english/>
- **Mind Springs Health (Western Slope)** [Mind Springs Health - Counseling & Therapy | Colorado](#)
- **Mental Health Centers of Northern Colorado (Fort Collins & Loveland)** summitstonehealth.org
- **Aurora Mental Health Center** <https://www.aumhc.org/>

Mental Health & Suicide Prevention Resources

Have you been impacted by suicide or are you interested in bringing suicide prevention awareness to your community through education and by speaking out about it? Check out the resources below to see how you can get involved.

American Foundation for Suicide Prevention: Get involved in your community by discovering the programs AFSP uses to save lives and bring hope to those affected by suicide www.afsp.org

Centers for Disease Control and Prevention: Provides you with an extensive resource guide for Suicide Prevention including facts, programs, policies, and practices. [Suicide Prevention | Suicide | CDC](#)

Suicide Prevention Resource Center: Shares effective prevention strategies, resources and programs, organizations, and trainings. Learn step by step on how to keep your loved ones safe by asking the right questions. sprc.org

Mental Health First Aid training: The National Council of Mental Wellbeing offers a free or a low-cost skill-based training course that teaches participants about mental health and substance use issues for youth and adults. Check out the website to see local trainings near you. [Mental Health First Aid](#)

Question. Persuade. Respond: The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical, and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know. [QPR Institute | Practical and Proven Suicide Prevention Training QPR Institute](#)

Sources of Strength: Many Colorado school districts, and places of worship have adopted Sources of Strength, an evidence-based prevention program for suicide, violence, bullying and substance abuse by training, supporting, and empowering both peer leaders and caring adults to impact their world through the power of connection, hope, help and strength. Ask your student if they have it at their school or if you would like to learn more [Sources of Strength](#)

Robbie's Hope: After losing their son to suicide, Robbie's Hope has created a parent and adult handbook to help parents navigate tough but needed conversations about suicide. If you are a parent of a teenager, please explore [Robbie's Hope | Fighting teen suicide \(robbies-hope.com\)](#)