

Concerned About a
Family Member or
a Friend Who is?

Depressed, Angry, Impulsive?

Going through a relationship breakup,
legal trouble or other setback?

Using drugs or alcohol more often?

Withdrawing from things
they used to enjoy?

Talking about being better off dead?

Losing hope?

Acting reckless?

Feeling trapped?

24/7/365 CRISIS HOTLINES:

Local: 888.207.4004

Statewide: 844.493.8255 (TALK)

Text TALK to 38255

OTHER RESOURCES
SuicidePreventionColorado.org

MeansMatter.org

American Foundation for Suicide Prevention
AFSP.org

Suicide Prevention Resource Center
SPRC.org

If you think your loved one
is in crisis, please call a
24/7/365 crisis hotline immediately.

24/7/365 LOCAL CRISIS LINE:
888.207.4004

COLORADO CRISIS SERVICES
STATEWIDE HOTLINE:
844.493.8255 (TALK)
Text TALK to 38255

Prevent Suicide in Your Home

Simple Steps to Protect Your Family
& Safeguard Your Home



MIND SPRINGS *health*
MindSpringsHealth.org



WEST SPRINGS *hospital*
WestSpringsHospital.org

*This brochure is for informational purposes only and
not for the purpose of providing legal advice.*

*Sources: University of Colorado School of Medicine Department of Psychiatry,
Children's Hospital Colorado, Colorado School of Public Health, Colorado Department
of Public Health and Environment and the Harvard Injury Control Research Center*

STORE FIREARMS AWAY FROM HOME*

Putting time and distance between a suicidal person and a gun helps keep them safe.

- Ask a close family member or trusted friend to keep them temporarily until the situation improves.
- Call your local law enforcement, gun range or shooting club to see if they can offer temporary storage.

If off-site storage is not possible

- Store firearms unloaded and locked in a gun safe or lock box. You can also lock them using a cable lock or trigger lock. Many gun owners recommend locks using combinations over locks with keys. Make sure the at-risk person does not have access to the combination or keys.
- Store ammunition separately in another secure, locked place.
- Locate a free Safety Kit on ProjectChildSafe.org

*Under Colorado law a gun transfer is typically subject to a background check unless it qualifies for an exemption. To be fully informed about making a legal temporary gun transfer please review Colorado gun laws including CRS 18-12-112 or consult an attorney.

LOCK UP MEDICATIONS

- Store all medications in a locked container or cabinet.
- Dispose of all unused medications. Find a medicine 'take-back' program, or if there is no other choice.
- ColoradoMedTakeBack.info or 303.692.2903
- DisposeMyMeds.org

As a last option

- Mix medicines with something that cannot be eaten (used coffee grounds, kitty litter, etc.), seal in a plastic bag and throw away in trash.

PROVIDE SUPPORT

- Pay attention to your loved one's behavior.
- If you notice significant changes, ask them if they are thinking about suicide.
- Make sure your loved one knows how to access the suicide prevention lifelines.



There Are Ways To Help.

Simple Steps Can Help Protect Your Family and possibly save a life if a family member or loved one is experiencing a mental health issue or crisis.