

Safe2Tell: *Safe2Tell is an anonymous way to report any threatening behaviors or activities endangering themselves or someone they know.*

- Call 1-877-542-7233 or visit <http://safe2tell.org/> or download the mobile app
- Online resources available
- The anonymity of Safe2Tell Colorado reports is protected by Colorado State Law

Colorado Crisis line:

- Colorado Crisis Services offers both a hotline #1-844-493-8255
- Metro walk-in centers and services 24/7, English and Spanish
- Text TALK to #38255
- You can call to consult about your child's concerns and resources or referrals.

### **Suicide Prevention:**

Risk Factors:

- Personal experience with a mental health disorder such as depression, anxiety, or substance abuse disorder
  - Or, experience with a medical condition that may result in chronic pain or impairment of daily functioning
- A family history of mental health disorders
- Experience of a prior suicide attempt and a family history of suicide
- Exposure to violence, including physical or sexual abuse
- Greater access to firearms or other means that can be used to harm oneself
- Exposure to disciplinary action, court involvement, or the justice system
- Exposure to others' suicidal behavior, such as that of family members, peers, or others in the media

Warning signs:

- Feelings of hopelessness or worthlessness are often indicated by verbal statements or social media posts. This may include expressions of having no reason for living or expressing no purpose in life.
- Feelings of anxiety or agitation uncommon for the student, or changes in sleeping patterns
- Feeling trapped - like there's no way out of a situation
- An onset or increase of alcohol and/or drug use
- Withdrawal from friends, family, and school support - this may include quitting a club or sport previously of interest to the student.
- Extreme emotions such as rage, uncontrolled anger, or expressions of wanting or seeking revenge
- Reckless behavior or more risky activities that may occur without seemingly considering the consequences of the behavior
- Changes in academic performance or behavior at school that appear atypical for the student
- Preparation behaviors such as giving away prized possessions, looking for ways to kill oneself, or practice-related behavior with intent to harm or kill oneself
- Concerning social media activity such as pictures and narratives in which the content reflects the above warning signs
- And lastly, reading or writing about death or listening to music about death.

### What can Parents and Guardians do?

- Know the warning signs and risk factors.
- Talk to your child about depression and suicide and be willing to listen to their concerns.
- Teach your child to tell a trusted adult if they or another student show signs of suicide.
- Support school suicide prevention efforts such as Signs of Suicide (SOS), Riding the Waves (RTW)
- Ask if they feel like hurting themselves or want to die
- If there is a reason to be concerned, tell your school social worker, psychologist, counselor, or nurse
- Don't think your child will get better on their own
- Get your child help
- How to get your child help?
- Notify your school social worker, psychologist, counselor, or nurse
  - They will provide resources
  - They may complete a Suicide Risk Review (SRR)
- In case of a crisis, take your student to a local emergency room or call 911
- National Crisis Line (English and Spanish)-988