If you are in crisis or need help dealing with one, contact Colorado Crisis Services at 1-844-493-TALK(8255) or text TALK to 38255.

Si usted está en crisis o necesita ayuda para hacer frente a uno, llame 1-844-493-TALK (8255) o el texto HABLAR a 38255.

YOU can help!

You CAN notify an appropriate party if you are concerned—
it is not illegal or breaking the child's confidence.
It could save their life.

SUICIDE PREVENTION IN SCHOOLS

For a list of Colorado resources, guides for teachers, school staff, parents, families and providers, please visit our website:

www.aacap.org/aacap/Regional_Organizations/CCAPS/Links.aspx

COLORADO CHILD & ADOLESCENT PSYCHIATRIC SOCIETY (CCAPS)

1. BE AWARE OF RISK FACTORS & WARNING SIGNS

Look for isolating behaviors, perceived burdensomeness, thwarted belongingness, loss of connection to friends or family, talks or writes about a plan, means & intent to die.

2. OPEN THE LINES OF COMMUNICATION WITH THE CHILD

Use developmentally appropriate language to determine urgency/severity:

- Ask the child how they are feeling & if they are safe.
- Say, “Are you thinking of hurting or killing yourself?”
- Ask if they feel like things can get better.
- Express concern about what you are observing in their behavior. Most children will talk, but don’t force it.
- Listen attentively & non-judgmentally. Let the student know they have been heard & they are not alone.

3. IDENTIFY WHAT ACTIONS TO TAKE IF CONCERNED

- Do not leave the student alone.
- Bring the student to the school’s social worker, psychologist or nurse to complete the DPS Suicide Assessment Form & notify the principal.
- Refer to an outside professional for assessment.