

# SUICIDE PREVENTION & RESOURCE PROTOCOL

## IF YOU FEAR SOMEONE IS THINKING ABOUT SUICIDE

STAY AND **LISTEN** - WITHOUT JUDGMENT

**ASK** - ARE YOU THINKING ABOUT SUICIDE

### Look and Listen for Risk Factors/Warning Signs

- Feeling depressed/hopeless
- Feeling helpless
- History of depression
- Previous suicide attempt
- Feelings of isolation and/or withdrawal
- Lack of support
- "I wish I could go to sleep forever."
- Sadness/crying
- Change in appetite, sleeping
- Low energy
- Difficulty concentrating
- Loss of interest in activities
- Slipping grades or work
- Feeling angry or irritable
- "I just can't go on."
- "I won't be around much longer."
- Alcohol or drug use
- Feeling guilty for no reason
- Talking about suicide, death
- Giving away possessions
- Careless, high risk behavior
- Making a suicide plan
- Unexplained mood improvement
- "I am just so tired of this."
- "Pretty soon you won't have to worry about me anymore."

### **BUILD A SAFETY NET OF RESOURCES**

#### POTENTIAL RISK

- Some Risk Factors and Warning Signs
- No plan to kill self at this time

1. Contact support people and/or guardian
2. Develop a Safety Plan
3. Refer to physician or mental health resources
4. Report to Designated Staff

#### MODERATE RISK

- Many Risk Factors and Warning Signs
- Suicidal thoughts, but no immediate plans or means

1. Do not leave youth alone
2. Contact support people and/or guardian
3. Develop a Safety Plan
4. Arrange for physician / mental health evaluation
5. Report to Designated Staff

#### IMMEDIATE RISK

- Risk Factors and Warning Signs are high
- Plans to kill self in the near future and has access to the means

Arrange for an immediate psychiatric and medical evaluation

**DO NOT LEAVE YOUTH ALONE**

**EMERGENCY - DIAL 911**

#### EMERGENCY ROOMS

Community Hospital  
254-6400

St. Mary's Hospital  
244-2273

Family Health West- Fruita  
858-2102

**NATIONAL SUICIDE HOTLINE**  
1-800-273-TALK (8255)

#### REFERRAL INFORMATION

#### Youth's physician or therapist

Colorado West Regional Mental Health Center  
241-6022

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## Youth Community Resources

Youth Organization	Services Provided	Address	Contact Phone
Alliance Therapeutic Services	Alpine Therapy	225 N 5th St, #505, CJ 81501	245-7489
Alpha Center: Psych Services	Mental Health, Substance Abuse Services	1170 Colorado Ave, GJ 81501	241-2948
Ariel Clinical Services	Foster care, 0-17	2938 North Ave, GJ 81504	245-1616
Benevolent Youth Partnership	Youth Organizations	1842 N. 7th GJ CO 81501	257-1320
Blue River Center	Group Home For Boys	1842 N. 7th GJ CO 81501	256-9777
CASA- Court Appointed Special Advocates	Neglect/ Abandoned	200 Grand Ave. Ste. 101 GJ 81501	242-4191
Child & Migrant Services	Migrant Aid	721 Peach Ave. Palisade CO	464-5226
Child Protective Services	Child Abuse	510 29 1/2 Road, GJ, CO 81504	242-1211
Child/ Teen Center Hospice	Grief death counseling/ Camp Good Grief	Miller Homestead 3090 N. 12th 81506	241-2212
Club Mid	After school middle school program	1169 Colorado Ave, GJ, CO 81501	245-5555 E29
Colorado Legal Services	Divorce	200 N. 6th St. GJ 81501	243-7940 E301
Colorado West Mental Health	Mental Health Therapy	515 28 3/4 Road, GJ, CO 81501	245-3270
Community Food Bank	16 yoa +, Mesa County resident & Social Security card	486 Morning Glory Ln #A,	640-0336
Community Hospital	Emergency Room	2021 North 12th GJ 81501	242-0920
Compassionate Friends	Betty Hancock	P.O. Box 2316 Glade Park 81523	434-3822
Counseling & Education Center	Mental Health Therapy	2708 Patterson, GJ, CO 81506	243-9539
Criminal Justice Services Department	Useful public service	636 South Ave. GJ CO 81501	241-3344
Emily Griffith	Girl's Residential	1020 Grand Avenue, GJ 81501	244-8390 / 245-0008
Experimental Learning Program	At-risk empowerment courses & service learning	1405 Wellington Avenue, GJ 81501	245-3952
Family & Child Center	For B-4 babies & 1st kid in same family	2897 North Avenue, GJ 81501	683-2634
Get Real	Conf. Bldng with pregnancy, parenting skills	1129 Colorado Ave, GJ 81501	244-3823
GJ Youth Council	Youth	250 5th Street, GJ 81501	256-4184
Grand Junction Parks and Recreation	All youth	1340 Gunnison Ave, GJ 81504	254-3842
Grand Mesa Youth Services Center	Youth Detention Center	360 28 Rd. GJ CO 81501	241-3566
Grandparent Program	Mentoring for youth in schools and class settings	Barbara Hall	263-9091/244-2588
Job Corps	Educ. & Job Training for youth ages 16-24	2897 North Ave. GJ 81501	245-0197
Latimer House	Domestic Violence	1003 Main St, GJ, CO 81501	242-2953/ 241-0324
Men Against Violence	Anger help line	P.O. Box 6, GJ, CO 81502	234-4357
Mesa County Combined Courts/ DA's Office	Criminal justice issues	125 N. Spruce GJ 81501	257-3640/ 244-1730
Mesa County Workforce Center	Employment/ Community Srv	2897 North Ave, GJ, CO 81501	248-0871
Mesa School District 51	Educational support	2115 Grand Ave 81501	254-5100
Partners	Mentoring Program	1169 Colorado Ave, GJ, CO 81501	245-5555
Pregnancy Center	Pregnancy, parenting skills	930 Main St., GJ, CO 81501	241-7474/212-4673
Prevention Services Coordinator	Referrals by school district counselors	2115 Grand Ave 81501	254-5100
Pro Bono Project	Child Custody Community Srv./ Substance/ Positive Support/Restitution	600 N. 6th St, Ste 203, GJ, CO 81501	243-7940
Probation	Child Custody Community Srv./ Substance/ Positive Support/Restitution	125 N. Spruce GJ 81501	257-3600
Residential Youth Services	Treatment and Education for challenged youth	1405 Wellington Avenue, GJ 81501	245-3952
Salvation Army	Mesa County Resident	1235 N 4th St., GJ, CO 81501	242-7513
SHARE Colorado	Up to 50% saving on groceries	3283 Lombardi, Clifton, CO 81520	201-2220
St. Mary's Hospital	Emergency Room	2635 N. 7th St, GJ, CO 81502	244-2273
The Opportunity Center	Alt. Education for at risk youth	1129 Colorado Ave, GJ 81501	243-0190
Tree House/ Teen Bistro	After school shelter	1505 Chipeta St, GJ 81501	241-8001
West Slope Stabilization Center	Drug & Alcohol, Behavioral Health	515 28 3/4 Road, GJ, CO 81504	263-9535
Westcap- WC Aids Project	Persons and families living with AIDS	805 Main St, GJ, CO 81501	243-2437
Western Equality	GTLBQ	523 1/2 Main St. GFH CO 81501	242-8949
Western Slope Center for Children	Child Assault	259 Grand Ave, GJ,CO 81501	245-3788