

Warning signs of Suicide:

- Abrupt changes in personality
- Giving away possessions
- Previous suicide attempt or family history of suicide
- Increased use of drugs and/or alcohol
- Sleeping and eating disturbances
- Depression, unrecognized or untreated
- Sadness and discouragement
- Neglect of work and appearance
- Difficulty concentrating



What to do:

- Take all suicide threats seriously
- Be direct, open, honest, and non-judgmental
- Ask “Are you having suicidal thoughts?”
- Take action and get the person at risk connected with professional help immediately
- DO NOT KEEP IT A SECRET

If in Crisis: [CALL](tel:970-249-9694)
Midwestern Center for
Mental Health
24-hour Emergency Services
970-249-9694
or 911

In the United States, someone completes suicide every 18 minutes!

In Colorado, approximately 800 people complete suicide each year. This makes Colorado 7th in the Nation for completed suicides.

1 million lives lost world-wide annually to suicide.

This represents:

- More lives lost than in all wars and homicides worldwide every year
- Three times the catastrophic loss of human lives in the Tsunami disaster in South East Asia
- A number equal to the loss of lives in the terrorist attack on New York 9-11 EVERY DAY OF THE YEAR.
- Twice as many deaths due to suicide as due to HIV/AIDS

However, there is hope. Suicide is preventable. New findings suggest that there may be ways to detect those who are at risk of attempting suicide, meaning that we can develop ways to prevent these tragic events.



Midwestern Suicide Prevention Coalition



Working to reduce the incidence of suicide attempts and suicides in a six county area

Midwestern Office of Suicide Prevention

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www.midwestmhc.org

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911
1-800-SUICIDE

Skills Training

The Midwestern Office of Suicide Prevention offers several choices of valuable suicide prevention trainings. The trainings are suitable for anyone who would like to learn what is needed to recognize a person at risk of suicide and assist in the necessary intervention.

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)



The ASIST training is the most widely used training in the world. This two day workshop will give participants the knowledge and skills to intervene when they feel someone is at risk of suicide.

The fee is \$35 (scholarships are available)

SUICIDE TALK

Suicide Talk is a condensed version of the ASIST training. The training is approximately 4 hours and gives participants information on suicide intervention and resources.

This training is provided free of charge.

QUESTION PERSUADE AND REFER (QPR)

The QPR training is a one hour training that will educate people how to Question a person at risk of suicide, Persuade them to seek help, and Refer them to a professional.

This training is provided free of charge.

For additional information on training or services call Nancy Halderman at 252-3228 or Kelly Hause at 252-3201

Programs and Services

REAL MEN REAL DEPRESSION

Education and awareness for men with depression. www.menanddepression.nimh.nih.gov

- Mind Over Mood forum for men at the crossroad of life to talk about issues and recent life changes facing them in a group setting. The group meets the 2nd Thursday of the month. Contact Tom at 252-3230 or www.midwestmhc.org

- SAFE: TEEN program. Suicide prevention education for teens and the community.



- The Blues: Not A Normal Part Of Aging. A program to educate older adults about depression. As part of this program is the Feel Good Bingo game and free, confidential depression screenings. www.asaging.org

- Support group for those who have lost a loved one to suicide.



Meetings

The Montrose Heartbeat group meets the first Thursday of the month at the Montrose Christian Church 2351 Sunnyside at 6:00 p.m. For more information call 240-0827.

The Delta Heartbeat group meets the second Thursday of the month at the First Baptist Church 1250 Pioneer Rd. at 7:00 p.m. For more information call 874-4226. www.heartbeatsurvivorsaftersuicide.org

The Opportunity to Help

By estimates, four out of five people who complete suicide have tried to warn others of their intent through verbal statements, written notes, demonstrating a preoccupation with death or other behavior indicating that they are planning to end their life.

Training and education can help us recognize & respond to these invitations to help. It can provide the confidence to ask about suicide if we are concerned about someone's safety. It can supply us with the tools to help prevent the immediate risk of suicide.

The Midwestern Suicide Prevention Coalition is a group of dedicated community members working together on intervention, education and prevention of suicide. For information on meeting times contact Nancy at 252-3228.

The Midwestern Office of Suicide Prevention is a resource to the community providing information, support, collaborative projects, public education, community events, and annual depression and anxiety screenings. Online depression and anxiety screenings available at www.midwestmhc.org

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The Center for Mental Health Emergency Services

249-9694

911

1-800-SUICIDE or
1-800-273-TALK