

Suicide Awareness & Prevention Resources in Colorado

SUICIDE PREVENTION AND CRISIS RESOURCES

Suicide Prevention Lifeline (800) 273-TALK / (800) SUICIDE

Metro Crisis Services

(844) 493-TALK

OR text TALK to 38244

OR chat online (4 p.m. - 12 a.m. 7 days a week) at www.coloradocrisiservices.org/chat

Veteran's Crisis Hotline

(800) 273-8255; Press option 1

Trevor Project

(866) 488-7386 (LGBTQ+ Youth)

Trans Lifeline

(877) 565-8860 (Transgender & Gender Expansive Youth and Adults)

IAMALive

www.iamalive.org (online crisis network with 24/7 chat)

24 HOUR CRISIS WALK-IN LOCATIONS

Littleton

6509 S. Santa Fe Drive
Littleton, CO 80120

Lakewood

12055 W. 2nd Place
Lakewood, CO 80228

Denver

4353 W. Colfax Avenue
Denver, CO 80220

Aurora

2206 Victor Street
Aurora, CO 80045

Westminster

2551 W. 84th Avenue
Westminster, CO 80031

Boulder

3180 Airport Road
Boulder, CO 80301

COMMUNITY MENTAL HEALTH PARTNERS

Jefferson Center for Mental Health

4581 Independence Street #200
Littleton, CO 80120

(303) 425-0300

www.jcmh.org

Mental Health Center of Denver

4455 E. 12th Avenue
Denver, CO 80220

(303) 504-6500

www.mhcd.org

All Health Network

(Arapahoe/Douglas County)

5500 S. Sycamore Street
Wheat Ridge, CO 80033

(303) 730-8858

www.allhealthnetwork.org

SUICIDE RELATED SUPPORT GROUPS (For Adults)

Southwest Metro Denver Survivors of Suicide

(Suicide Loss Survivor Support)

Meets 3rd Monday each month

7 p.m. - 8:30 p.m.

Abiding Hope Church

Patio Room

6337 S. Robb Way

Littleton, CO 80123

(720) 515-6047

Group 4F: Fortifying Families & Forming Friendships

(Support for Family Members & Friends of Suicide Attempt Survivors)

Meets last Sunday each month

4:30 p.m. - 6:30 p.m.

Sheridan Public Library

Conference Room

3425 W. Oxford Avenue

Denver, CO 80236

(720) 745-9252

Surviving, Striving & Thriving

(Suicide Attempt Survivor Support)

Meets 2nd Tuesday each month

6:30 p.m. - 8:30 p.m.

Sheridan Public Library

Conference Room

3425 W. Oxford Avenue

Denver, CO 80236

(720) 745-9252

catalyst
COUNSELING PLLC

720.245.7390
Cacs-CO.com
Catalystcounselingpllc.com
Catalystcollectivecolorado.org

catalyst
COLLECTIVE Colorado

ADDITIONAL LOCAL SUICIDE BEREAVEMENT SUPPORT GROUPS

North Metro Denver HEARTBEAT
Lutheran Medical Center
Collier Hospice Center
3210 N. Lutheran Parkway
(720) 300 8213

East Metro HEARTBEAT
Heart Light Center
11150 E. Dartmouth Avenue
Aurora, CO 80014
(303) 755-2679
or (303) 667-7864

Surviving Your Spouse's Suicide
7009 S. Potomac Suite 109
Centennial, CO 80112
(303) 353-9226

Parents Surviving Suicide
Bethany Lutheran Church
4500 E. Hampden Avenue
Cherry Hills Village, CO 80113
(303) 322-7450

Southeast Littleton HEARTBEAT
Littleton Adventist Hospital
7700 S. Broadway
Littleton, CO 80122
(720) 328-9229
or (303) 697-6984

**Boulder HEARTBEAT /
Sibling HEARTBEAT**
Calvary Bible Church
3245 Kalmia Avenue
Boulder, CO 80301
(720) 244-9052

ONLINE RESOURCES FOR SUICIDE PREVENTION & INFORMATION AND SUPPORT

- Alliance of Hope** *(24/7 online support community for survivors of suicide loss)*
www.allianceofhope.org
- American Association of Suicidology** ***www.suicidology.org***
- American Foundation for Suicide Prevention CO Chapter** ***<https://afsp.org/chapter/afsp-colorado>***
- Colorado State Office of Suicide Prevention** ***(303) 692-2369***
colorado.gov/cdphe/categories/services-and-information/health/preventions-and-wellness/suicide-prevention
- Community Assessment and Coordination of Safety (C.A.C.S.)** ***(720) 245-7390***
www.cacs-co.com
- Man Therapy** ***www.mantherapy.org***
- National Alliance on Mental Illness (NAMI)** ***www.nami.org***
- Second Wind Fund** ***(720) 962-0706***
- Suicide Intervention Skills Gatekeeper Training Workshops** ***www.abidinghopegprtraining.com***
- Suicide Prevention Coalition of Colorado** ***www.suicidepreventioncolorado.org***
- Suicide Prevention Resource Center** ***www.sprc.org***

OTHER CRISIS HOTLINES / SUPPORT RESOURCES

Child Abuse Report Line
CO State Child Abuse Report Line **844-CO-4-KIDS**

Adult Abuse Report Lines
Arapahoe County **(303) 636-1750**
Denver County **(720) 944-2994**
Douglas County **(303) 663-6270**
Jefferson County **(303) 422-2133**
Family Tree **(303) 422-2133**
Families First **(877) 695-7996**

Domestic Violence (DV) Resources
National DV Hotline **(800) 799-7233**
Family Tree DV Crisis Line **(303) 420-6752**
The Crisis Center 24-Hour Crisis Line **(303) 688-8484**
Safehouse Denver Crisis and Info Line **(303) 318-9989**

Rape/Sexual Assault Resources
National Sexual Assault Hotline **(800) 656-HOPE**
The Blue Bench **(303) 322-7273**