

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

Si usted está en crisis o necesita ayuda para hacer frente a uno, llame [1-844-493-TALK \(8255\)](tel:1-844-493-TALK) 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](http://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 and 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.