



LGBTQ Youth Crisis and Suicide Prevention

Did you know that **24/7/365** services are available in Colorado regardless of age, county of residence, or insurance status?

Colorado Crisis Services offers the following:

- **Walk-in Crisis Services / Stabilization Units:** Walk-in crisis services are open 24/7/365 and offer confidential, in-person crisis support, information, and referrals to anyone in need.
- **Crisis Line:** 1-844-493-TALK (8255) is a 24/7/365 support line for anyone affected by a mental health, substance use, or emotional crisis. All calls are connected to a mental health professional, who will provide immediate support and connections to further resources.
- **Text line:** Text "TALK" to 38255 to be connected to a mental health professional.
- **Respite and Acute Care** also available through referral.

Visit www.coloradocrisisservices.org for more information, to chat online with a mental health professional, or to find a 24-hour walk-in center near you.

**For immediate assistance, please call
1-844-493-8255**

THE TREVOR HELPLINE

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866-4-U-TREVOR

The Trevor Helpline

A free and confidential service that offers hope and someone to talk to, 24/7/365. Trained counselors will listen and understand without judgment.



**COLORADO
CRISIS SERVICES**

**844-493-TALK (8255)
OR TEXT TALK TO 38255**

How to Help Prevent Suicides among

Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) Youth

A brochure with information on facts, warning signs, and life-saving resources



A product of the
Office of Suicide
Prevention



COLORADO
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Health & Environment

LGBTQ Youth and Suicide

The Facts

- Suicide is the leading cause of death among youth ages 10-24 in Colorado.
- LGBTQ youth may experience discrimination and victimization due to their sexual orientation and identity, which may put them at higher risk for suicide.
- Feeling rejected or isolated can also lead to other risk factors such as depression and substance abuse.
- Feeling connected and supported is a protective factor for LGBTQ youth.
- The vast majority of youth who face a mental health crisis or experience thoughts of suicide get better, especially if they feel supported during their crisis.



- You can help a youth in need by knowing the risks, the warning signs, and where to turn for help.

This brochure is not meant to take the place of professional mental health services for you or your family.

The Warning Signs

IS PATH WARM? This phrase may help you remember the signs of suicide.

I **deation:** Is the person thinking, talking, writing about, or threatening to hurt or kill themselves? Is the person looking for ways to hurt or themselves?

S **ubstance Abuse:** Is the person using drugs or alcohol more often?

P **urposeless-ness:** Does the person feel that there is no reason to live or no purpose in life?

A **nxiety:** Is the person always nervous? Is the person unable to sleep or sleeping all of the time?

T **rapped:** Does the person feel like there is no way out?

H **opelessness:** Does the person feel like nothing will help?

W **ithdrawal:** Is the person staying away from family, friends, and everybody else?

A **nger:** Does the person have uncontrollable anger or are they trying to “get back” at someone?

R **eckless:** Is the person doing risky activities without thinking or caring about what might happen?

M **ood:** Has the person’s mood or attitude completely changed from normal?

**For immediate assistance, please call
1-844-493-8255**

What To Do

If you think a youth is showing signs or experiencing things that puts them at risk for suicide, you can do the following:

- Take the signs seriously and ask the young person directly whether they are suicidal. **Ask:** “Are you thinking about killing yourself?” or “Are you having thoughts of suicide?”
- Let a trusted adult involved in the young person’s life know about your concerns. **Say something like,** “This person is thinking about suicide. Please follow up with a mental health professional.”
- Help connect the youth to a mental health professional. If you are unsure of where to find someone, **call Colorado Crisis Services at 1-844-493-TALK (8255), available 24/7/365.**

Because LGBTQ youth often lack the support of their family and other adults, **YOU may be their only connection to help when they are experiencing a crisis.**



See the back of this brochure for resources in your area to learn how to help LGBTQ youth who are experiencing a mental health crisis or having thoughts of suicide.