

Suicide Prevention

KNOW THE SIGNS. SAVE A LIFE.

Knowing the facts about suicide prevention is critical to taking action and essential to saving lives.



Life matters.

Suicide is the second leading cause of death for young Coloradoans. Every year too many teenagers decide nothing matters, nobody cares and no one can help

Some teens seek help. Or a friend, family member, teacher or classmate recognizes the warning signs, and reaches out and intervenes.

But many others are too ashamed to ask for help. Some do not realize help is out there, even if they do not have healthcare, and can not afford it.

People who commit suicide do not want to end their life. They want to end their pain.

A young life is a terrible thing to needlessly lose. Know the warning signs, and you could save a life.

Common warning signs

- Talking about suicide or dying
- Sudden happiness or calmness after being depressed
 - Withdrawing from friends and family
 - Being depressed, talking about being a loser, expressing feelings of worthlessness or hopelessness
- Slipping grades, difficulty concentrating, persistent boredom
- Problems with drugs and/or alcohol
- Giving away prized possessions, throwing away important belongings
- Obsession with guns, knives, ropes, pills or death
- Chronic pain or frequent complaints of physical symptoms
- A major change in eating or sleeping habits



If you or someone else you know is concerned about thoughts or feelings of suicide, talk to someone you trust...a friend, family member, school counselor, clergy, physician, local mental health center or your own mental health professional.

For more information contact:
Centennial Mental Health Center
211 W. Main
Sterling, CO 80751
970.522.4392
WWW.CENTENNIALMHC.ORG
1.800.SUICIDE