

Suicide Prevention Resources in El Paso County

- **Crisis Services**

- *Colorado Crisis Services (in partnership with AspenPointe)*
 - Available 24/7/365
 - 1-844-493-TALK (8255)
 - Text “TALK” to 38255
 - Walk-in Crisis Centers: 115 S. Parkside Dr., Colorado Springs, CO 80910; 6071 E. Woodmen Rd., Ste. 135, Colorado Springs, CO 80923
- *National Suicide Prevention Lifeline*
 - Available 24/7/365
 - 1-800-273-TALK (8255)

- **Inpatient/Outpatient Services**

- *AspenPointe*
 - 719-572-6100
- *Cedar Springs Hospital*
 - (719) 633-4114
- *Peak View Behavioral Health*
 - 719-444-8484
- Each organization provides free mental health crisis assessments 24/7, and many have the ability to do mobile assessments.

- **Support Services**

- *Pikes Peak Suicide Prevention*
 - 719-573-7447
 - www.pikespeaksuicideprevention.org
 - Support groups for: suicide attempters, families of suicide attempters, children left behind by suicide.
- *HEARTBEAT*
 - <http://heartbeatsurvivorsaftersuicide.org/index.shtml>
 - HEARTBEAT is peer support offering empathy, encouragement and direction following the suicide of a loved one.
- *National Alliance on Mental Illness (NAMI) – Colorado Springs*
 - 719-473-8477
 - www.namicoloradosprings.org
 - NAMI provides peer-taught education programs and support groups for families, parents of school-aged children, and individuals living with mental illness.
- *Depression and Bipolar Support Alliance (DBSA)*
 - 719-477-1515
 - <http://dbsacoloradosprings.org/>
 - DBSA offers programs and services, including free self-help support groups for people with mood disorders, and their family and friends.
- *Inside/Out Youth Services*
 - (719) 328-1056
 - www.insideoutys.org
 - Inside/Out is a program for LGBTIQ youth in Colorado Springs known for trusted, high quality and engaging youth development and recreation programs, as well as referrals for at-risk youth.

- **Trainings**

- *Mental Health First Aid – Adult and Youth*

- www.mhfacolorado.org
 - Mental Health First Aid (MHFA) is a groundbreaking, internationally recognized evidence-based training program committed to empowering individuals to identify, understand and respond to those in mental health and substance abuse crises.
 - MHFA encompasses two curricula: a core program tailored for adults called Adult Mental Health First Aid and Youth Mental Health First Aid, a training program for adults that work with youth.

- *Applied Suicide Intervention Skills Training (ASIST)*

- <https://www.livingworks.net/programs/asist/> or contact Pikes Peak Suicide Prevention for local training opportunities.
 - Applied Suicide Intervention Skills Training (ASIST) is for everyone 16 or older—regardless of prior experience—who wants to be able to provide suicide first aid.

- **General Safety Resources**

- *Safe2Tell Colorado*

- 1-877-542-7233
 - <https://safe2tell.org/>
 - Safe2Tell Colorado mobile app for Apple and Android devices.
 - Safe2Tell Colorado provides an anonymous way for students, parents, school staff and community members to report concerns regarding their safety or the safety of others.