



Mental Health Monday

#YouMatter



Call the toll-free [National Suicide Prevention Lifeline \(NSPL\)](#) at **1-800-273-TALK (8255)**, 24 hours a day, 7 days a week. The service is available to everyone. The deaf and hard of hearing can contact the Lifeline via TTY at 1-800-799-4889. All calls are confidential. Contact social media outlets directly if you are concerned about a friend's social media updates or dial 911 in an emergency. Learn more on the NSPL's [website](#).

RESOURCES

Suicide and Mental Health Resources in your area of the state.

<https://suicidepreventioncoalitionofcolorado.wildapricot.org/page-18121>

Student Mental Health and Suicide Prevention Course

<https://nfhslearn.com/courses/61160/student-mental-health-and-suicide-prevention>

“How to Talk to Children and Youth”

<https://drive.google.com/file/d/1D08Ui4cdmliifbKgkXtJ08Uu-ErAueVRI/view>

SUICIDE RISK FACTORS AND WARNING SIGNS

<https://afsp.org/about-suicide/risk-factors-and-warning-signs/>

PARENTS CORNER

Information by SAFE GUARD YOUR HOME

- Pay attention to your child's moods and behavior.
- If you notice significant changes, ask them if they're thinking about suicide.
- If you think your child is in crisis, call 911 or go to nearest emergency room. For a non-urgent consultation, work with your primary care doctor to make a referral.
- Make sure your child knows how to access the suicide prevention lifeline.
- Contact the Colorado Crisis and Support line for assistance or to locate the closest 24-hour walk-in center – (844) 493-TALK (8255) or text TALK to 38255*

SYMPTOMS

Poor performance in school – Withdrawal from friends and activities – Sadness and hopelessness – Lack of enthusiasm, energy, or motivation – Loss of interest in activities they used to enjoy – Anger and rage – Overreaction to criticism – Feelings of being unable to satisfy ideals – Poor self-esteem or guilt – Indecision, lack of concentration or forgetfulness – Restlessness or agitation – Changes in eating or sleeping patterns – Substance abuse – Sexual promiscuity – Risk-taking behaviors – Problems with authority – Suicidal thoughts or actions

TEEN SUICIDE WARNING SIGNS

Suicide threats (direct and indirect) – Obsession with death – Poems, essays, or drawings that refer to death – Giving away belongings – A sense of “hopelessness” and/or no future vision – Dramatic change in personality or appearance – Irrational, bizarre behavior – Overwhelming sense of guilt, shame, or rejection – Significantly changed eating patterns (including drastic weight gains or losses) – Significantly changed sleeping patterns (especially contributing to school truancy) – Severe drop in school performance or social interest

For complete You Matter: Mental Health Information, go to <https://chsaanow.com/sports-medicine/>