

Understanding Suicide

Did you know?

- People considering suicide often want connection, not to die.
- Most people thinking about suicide can recover and lead meaningful lives.
- Over 2 million calls to crisis centers connect people to support every year.

Know the warning signs:



If you or someone you know is experiencing these signs — especially for two weeks or longer — it's time to reach out and get help.



Working Together to End Suicide in Weld County

Imagine Zero of Weld County (IZWC) is a collaboration of government agencies, community-based organizations, non-profit organizations, and concerned community members with the goal of suicide prevention. We provide outreach, education, and prevention resources.

Many participating organizations were born out of personal loss of loved ones to suicide. We now work together to build a wider and stronger safety net of suicide prevention resources in Northern Colorado.

Our steering committee meets monthly to make a difference in our local communities.

For meeting details, visit ImagineZeroSuicideWeld.org

HOPE HEALS

Suicide Prevention
Resource Guide



IMAGINEZERO

*Together, we can imagine zero suicides
in Weld County.*

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**IMAGINE
ZERO** working together
to end suicide in
northern colorado
of Weld County

Have the Tough Conversation

Listening with the intent to understand and *connecting* a person directly to care are the two **most important ways to help a person in crisis.**

Hopeful words:

- People can heal from emotional pain.
- I know where to go for help.
- I will help you get connected to care.

Non-hopeful words:

- Everything will be fine.
- You shouldn't feel this way.
- It'll all work out.

Free and Confidential Help

Available for anyone experiencing a crisis:

Crisis Services:
Call or Text 988.

For local support, call 970.347.2120 or walk into 928 12th Street in Greeley 24/7/365.

National Crisis and Veterans Line:
800-273-8255 (option 1); text 838255

The Trevor Project (LGBTQI Support):
866-488-7386

Trans Lifeline:
877-565-8860

Change What We Believe About Suicide

Myth:

If you ask someone if they are thinking about suicide, you'll put the idea in their head.

Fact:

Asking someone directly about suicidal intent lowers their anxiety, opens opportunity for communication, and lowers risk of an impulsive act.

Myth:

Suicide attempts or deaths happen without warning.

Fact:

People who have lost loved ones or friends to suicide often realize that the intention wasn't recognized. There are often many warning signs.

Myth:

People who want to die always find a way.

Fact:

A successful intervention — one that leads to getting a person the help they need — strengthens a person's desire to live.

People in crisis do not need you to fix their problems or offer solutions.

They need a safe space to feel their feelings.

