

YOUTH SUICIDE *is* PREVENTABLE

Respond During A Crisis

- In an emergency, call 911 or go to the nearest hospital emergency room.
- Or call the National Suicide Prevention Lifeline:

1-800-273-TALK
(1-800-273-8255)



Help Save Lives

Second Wind Fund of Metro Denver was founded in 2002 as a community response to four consecutive suicides of teens who attended the same local high school.

You can help save lives, too.

Take Action Against Youth Suicide

- Make a tax-deductible donation online at www.swfmd.org or by mail at the address below.
- Become a volunteer.
- Participate in one of our special events.

Contact SWFMD

13701 W. Jewell Ave. #251
Lakewood, CO 80228

General Information: 720-962-0706

Referral Line: 303-988-2645

Fax: 720-962-0821

www.swfmd.org



Second Wind Fund
of Metro Denver
Your Community. Your Kids.

SWFMD actively promotes inclusivity, access, and equality.

www.swfmd.org

Youth Suicide

- Colorado has the 6th highest suicide rate in the nation.
- One in every four teens has had more than passing thoughts of suicide in the past year.
- Suicide is the second leading cause of death for kids ages 10-19.
- Suicide affects all ages, genders, cultures and socioeconomic levels.

Second Wind Fund of Metro Denver

Our mission is to decrease the incidence of teen suicide by removing financial and social barriers to treatment for at-risk youth.

By providing counseling with licensed therapists, SWFMD has saved the lives of thousands of kids and teens in the Denver metro area who have struggled with suicidal thoughts.



Warning Signs

These warning signs may indicate that a youth could be at-risk for suicide:

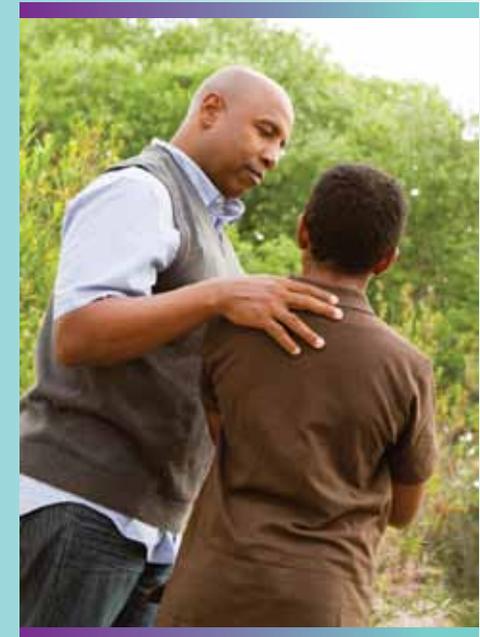
- Talk of suicide or death: “I wish I was dead”; “I should kill myself”
- A sense of not belonging
- Feeling like a failure or burden to others: “It would be better if I was gone”
- Socially isolated
- Feeling depressed, hopeless and helpless
- Previous suicide attempt/s
- History of suicide in family/friends
- Drastic changes in behavior
- Loss of interest in activities
- Giving away prized possessions
- Taking unnecessary risks/impulsive behavior
- Humiliation or discipline crisis
- Chronic irritability and agitation
- Recent severe loss: divorce of parents, relationship loss, death, etc.
- Mental illness
- Alcohol or drug abuse
- Making a suicide plan

If you are aware of any of these risk factors and warning signs, **take action and get help.**

In an emergency, call 911 or go to the nearest emergency room.

If You Have Concerns

- **ASK** if they are struggling with suicidal thoughts. This doesn't increase risk, in fact it *reduces risk*.
- **LISTEN** to the youth in a compassionate and nonjudgemental way.
- **ENCOURAGE** them to seek help — *there is help and hope!*
- **TELL** them that you care.
- **DON'T KEEP IT A SECRET.**



To Refer A Youth To SWFMD:

Contact your school counselor, psychologist or social worker to contact SWFMD for you.

If the youth is not in school, contact your family doctor or a mental health professional.

If you are a youth struggling with suicidal thoughts, **tell a trusted adult.**