

HILLTOP

COMMUNITY RESOURCES

Mental Health & Suicide Awareness Quick-Reference Guide





Our Purpose



To create a safe, stigma-free community that supports mental health and suicide awareness while fostering acceptance through advocacy, knowledge, and connection to promote a culture of understanding and belonging.

OUR PURPOSE

You Are

Not

Alone

Important Contacts

911 – Emergency Services

Call or text 911 for immediate emergency assistance.

988 – Suicide and Crisis Hotline

Dial 988 for free, confidential mental health support and crisis intervention.

Colorado Crisis Line

Available 24 hrs/day for free, confidential support.

Call: 1-844-493-8255

Text: "TALK" to 38255

TRIAD EAP (All One Health Company)

Offers Hilltop employees 7 free, confidential counseling sessions per year, accessible through the portal at

<https://triad.mylifeexpert.com/> using the code "hilltop."

211 – Get Help and Connect

Dial 211 for a confidential service that connects you to local resources across Colorado.

IMPORTANT CONTACTS



Signs of Crisis

- **Social Withdrawal:** Noticeably more withdrawn than usual.
- **Mood Swings:** Rapid changes in mood, loss of touch with reality, or paranoia.
- **Feelings of Despair:** Expresses feelings of hopelessness, worthlessness, or persistent sadness.
- **Concerning Remarks:** Makes casual comments about their own safety or mental health.
- **Appearance Changes:** Noticeable decline in personal hygiene or overall appearance.
- **Activity Withdrawal:** Pulls away from friends, family, and previously enjoyed activities.



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SIGNS OF CRISIS



It's time
to talk
about it

Conversation Starters

- **Simple Check-In:** "Are you doing okay?"
- **Expressing Concern:** "I've been worried about you. Can we talk about it? If you'd prefer someone else, who would you be comfortable talking to?"
- **Noticing Changes:** "You haven't seemed like yourself lately. How can I assist?"
- **Open Invitation:** "I care about you and I'm here to listen. Would you like to talk about what's been going on?"
- **Offering Support:** "It seems like you're facing some challenges. How can I best support you?"



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CONVERSATION STARTERS



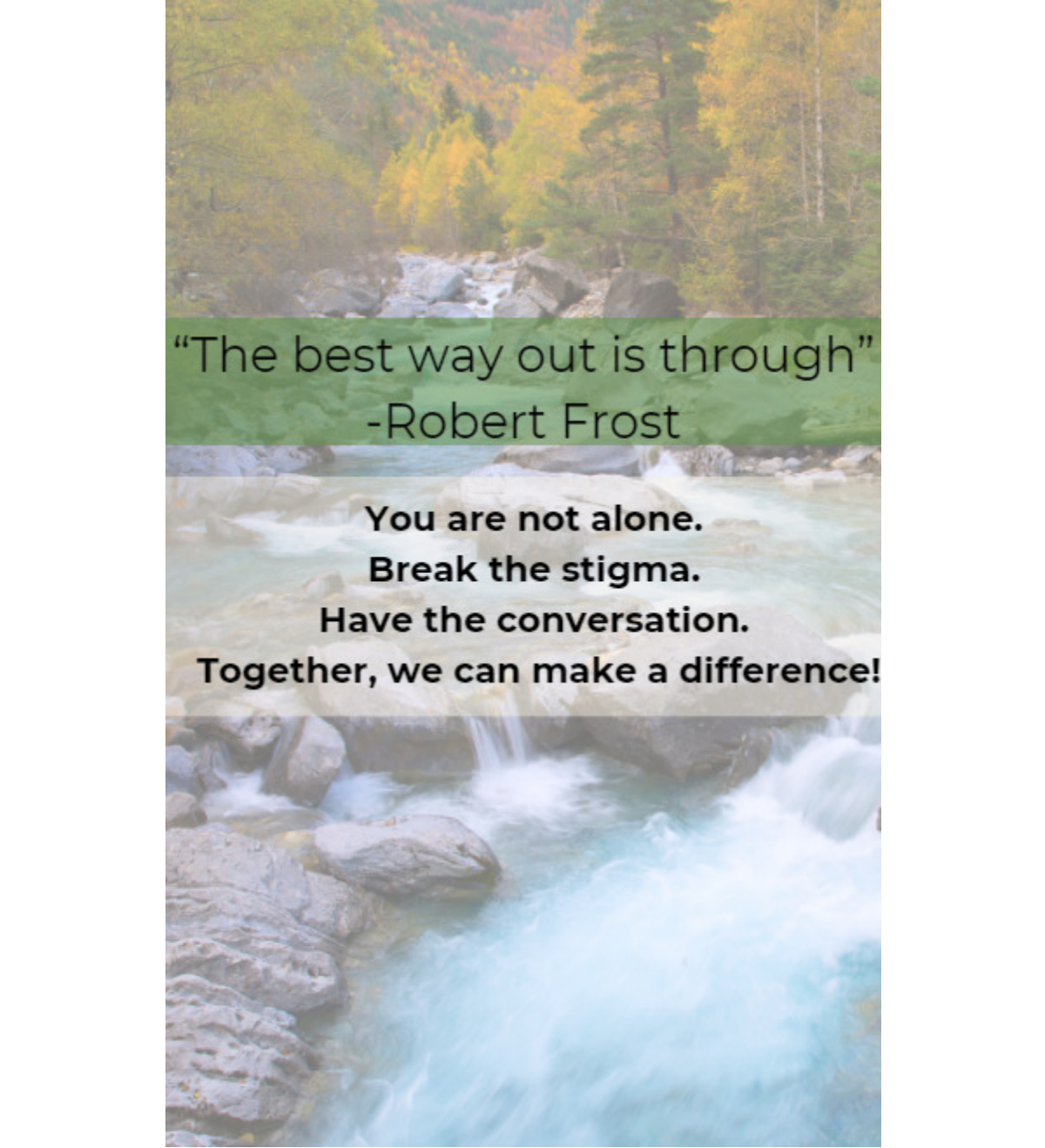
The TASC Model

Tune In, Ask, State, and Connect

provides a structured framework for anyone to effectively support individuals at risk.

- **Tune In:** Be present. Join them where they are comfortable, whether sitting together in a current location or moving to a more private setting. If immediate help is needed, call the crisis line at 1-844-493-8255 or text "TALK" to 38255.
- **Ask:** Directly ask if they are considering suicide or if they intend to harm themselves or others. Keep the conversation open and ongoing. If there's any mention of leaving to commit harm, call 9-1-1 immediately.
- **State:** Affirm that suicide is a serious issue and should be addressed with urgency and care.
- **Connect:** Help connect them to available resources. Provide support by facilitating access to professional help and ensuring they know help is available.

SUICIDE PREVENTION

A scenic view of a river flowing through a forest with autumn foliage. The river is surrounded by large rocks and the water is clear and blue. The background shows a dense forest with trees in shades of yellow, orange, and green.

“The best way out is through”
-Robert Frost

**You are not alone.
Break the stigma.
Have the conversation.
Together, we can make a difference!**

Mental Health Matters