

Resources

EMERGENCY NUMBERS

Suicide and Crisis Lifeline (24/7)

Call or text **988**

988lifeline.org

Colorado Crisis Services (24/7)

1-844-493-8255 or text **"TALK"** to **38255**

coloradocrisisservices.org

Crisis Text Line 24/7

Text **"HOME"** to **741741**

crisistextline.org

UCHealth Emergency Care - YVMC (24/7)

970-879-1322

uchealth.org

1024 Central Park Drive Steamboat Springs, CO

Memorial Regional Health (24/7)

970-826-3211

memorialregionalhealth.com

750 Hospital Loop Craig, CO

Mind Springs Health Steamboat Springs

970-879-2141

mindspringshealth.org

407 South Lincoln Avenue Steamboat Springs, CO

Additional Resources

Suicide Prevention Coalition of Colorado | SPCC

suicidepreventioncolorado.org

National Alliance on Mental Illness | NAMI

nami.org

American Foundation for Suicide Prevention | AFSP

afsp.org

Veterans Crisis Line

veteranscrisisline.net

The Trevor Project | LGBTQIA+ Youth

thetrevorproject.org

Make A Difference

We are always looking for valuable volunteers to assist REPS in fulfilling our mission. We truly could not do the important work we do without community support from people like you!

There are many ways to get involved:

Help us with a fundraising event, create a community collaboration to spread awareness, become a Suicide Prevention Advocate, take a training we offer, etc...

Make A Donation

As a 501 (c)(3) non-profit organization, your donation to REPS can have certain tax benefits.

To make a donation or for more information about our organization's needs, please contact our Executive Director at 970-846-8182 or repssteamboat@gmail.com or visit nwcosuicideprevention.com/donate



If you or someone you know is experiencing a mental health crisis, please call **988** immediately.



REACHING EVERYONE
PREVENTING SUICIDE
Preserving, Protecting, Promoting Life.

Physical: 465 Anglers Drive Unit B
Steamboat Springs, CO 80487

Mailing: PO Box 773324
Steamboat Springs, CO 80487

970-846-8182

repssteamboat@gmail.com

www.nwcosuicideprevention.com



@reps.steamboat

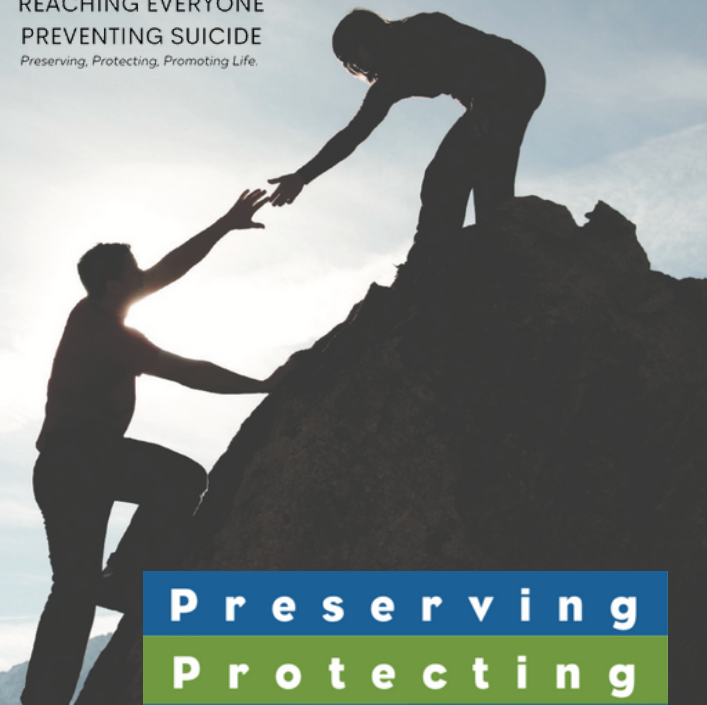


@SteamboatREPS

Reaching Everyone Preventing Suicide
is a 501(c)(3) non-profit organization.

REPS

REACHING EVERYONE
PREVENTING SUICIDE
Preserving, Protecting, Promoting Life.



Preserving
Protecting
Promoting Life
In the Yampa Valley



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- Someone dies by suicide every 40 seconds.
- Suicide is the 2nd leading cause of death for people ages 10-34.
- The Rocky Mountain region has the highest suicide rate in the country.
- Suicide rates on the Western Slope can be up to 3x of Colorado's rate.
- Locally, the Yampa Valley saw 10 deaths by suicide in 2023.



Preserving

ADVOCACY

Suicide Prevention Advocates Program

SPA is a team of ASIST-certified and trained volunteers who provide support to those who struggling with suicide ideation, have attempted suicide, or have lost a loved one to suicide. SPA volunteers offer compassion and support to clients and families. REPS receives referrals from UCHHealth Yampa Valley Medical Center Emergency Department as well as from individuals who seek an extra layer of support on an ongoing basis.

Loss Assistance

REPS' Loss Assistance is a compassionate initiative aimed at providing much-needed support and assistance to the family and friends who are left behind after a suicide has occurred. This program is designed to help these individuals navigate the complex emotional and practical challenges they face during this difficult time. It can change on a case-to-case basis depending on the needs of those affected. We are there to support YOU.

Youth Ambassador Program (YAP)

The Youth Ambassador Program is open to any middle or high school aged individual interested in helping to further REPS' mission in the youth community. The goals of the (YAP) are bringing community awareness, building support, and breaking the stigma.

Protecting

EDUCATION & PREVENTION

It Takes Courage

It Takes Courage is a middle school outreach program designed to raise awareness of the importance of caring for your mental health and being aware of the signs of suicide by providing our youth with tools to instill courage and inspire growth of empathetic communities.

High School Education

Our team works with high school classrooms to facilitate discussion of mental health, suicide and other challenging subjects to decrease stigmas and raise awareness. We show a movie with intimate one-to-one interviews where the audience learns about depression, anxiety, self-harm, suicide attempts, getting help and treating mental illness. As these stories unfold, they assure the audience that mental illnesses, like physical illnesses, can and should be treated. We provide the students with tools and resources to get help in the event of a crisis or before one even occurs.

Youth & Adult Counseling Program

This program is intended to provide five sessions of complimentary and confidential counseling to any member of our community that is struggling. REPS contracts with over 50 licensed providers in the community so that we can provide necessary counseling at no cost to the client.

Promoting

TRAINING

LivingWorks Start

LivingWorks Start is a 90 min, online, skills-based suicide prevention training program that teaches participants to recognize when someone is thinking about suicide and connect them to help and support.

QPR Institute (Question, Persuade, Refer)

Just as people are trained in CPR, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

AFSP's Talk Saves Lives

Talk Saves Lives is 45-60 minute education program that provides participants with a clear understanding of this leading cause of death, including the most up-to-date research on suicide prevention, and what they can do in their communities to save lives. Participants will learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe.

AFSP's It's Real: Teens & Mental Health

This is available for Middle School, High School, and College students. It is a 45-minute program that provides young people with mental health education and resources. The program raises awareness about mental health issues, how to start a conversation about mental health, the importance of self-care, and how to reach out for help.

LivingWorks safeTALK

safeTALK is a 4 hour safety connector training where individuals learn in-depth skills to recognize someone's thoughts of suicide, engage them, and ensure they reach an intervention provider.

LivingWorks ASIST

ASIST is a two day face-to-face intervention training where community members provide a skilled intervention to help someone find and hold onto their reasons for living, and create a safety plan to keep them alive.

REPS is able to offer all trainings to the public free of charge through generous grant and sponsor underwriting.