

# Suicide Awareness and Prevention Month

**Fact:** Suicide ranks as the 10th leading cause of death in the United States, and the 2nd leading cause of death for 15-34 year olds. Every 12 minutes, one person in the U.S. will die from suicide.

During the month of September, we want to emphasize that everyone can play a role in suicide prevention. Please take this opportunity to learn the warning signs. Help and support are available for you, your family member, student or friend.



## Local Crisis Resources

<p><b><u>Pueblo</u></b>  <b>Health Solutions Crisis Services</b>          1310 Chinook Lane  <b>(719) 545-2746</b>          24/7 Hotline   Walk-in 24/7  <b>Immediate Danger – Call 911</b></p>	<p><b><u>Cañon City</u></b>  <b>SolVista Health</b>          3225 Independence Rd., Cañon City  <b>(719) 275-2351</b>          24/7 Hotline   Walk-in 8 am-5 pm (M-F)  <b>Immediate Danger – Call 911</b></p>	<p><b><u>Mancos</u></b>  <b>Cortez Integrated Health</b>          691 E. Empire, Cortez  <b>(970) 247-5245</b>          24/7 Hotline   Walk-in 8 am-5 pm (M-F)  <b>Immediate Danger – Call 911</b></p>		
<p><b><u>Durango / Bayfield / Ignacio</u></b></p> <table> <tr> <td data-bbox="77 1236 565 1518"> <p><b>Crossroads at Grandview</b>            1125 Three Springs Blvd., Durango  <b>(970) 247-5245</b>            24/7 Hotline   Walk-in 24/7  <b>Immediate Danger – Call 911</b></p> </td> <td data-bbox="570 1236 1057 1518"> <p><b>Southern Ute Behavioral Health</b>            4101 County Road 222, Durango  <b>(970) 563-5700</b>            Open 8 am-5 pm Monday-Friday  <b>Immediate Danger – Call 911</b></p> </td> </tr> </table>		<p><b>Crossroads at Grandview</b>            1125 Three Springs Blvd., Durango  <b>(970) 247-5245</b>            24/7 Hotline   Walk-in 24/7  <b>Immediate Danger – Call 911</b></p>	<p><b>Southern Ute Behavioral Health</b>            4101 County Road 222, Durango  <b>(970) 563-5700</b>            Open 8 am-5 pm Monday-Friday  <b>Immediate Danger – Call 911</b></p>	<p><b><u>Pagosa Springs</u></b>  <b>Archuleta Integrated Healthcare</b>          52 Village Drive  <b>(970) 247-5245</b>          24/7 Hotline   Walk-in 8 am-5 pm (M-F)  <b>Immediate Danger – Call 911</b></p>
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## National & State Crisis Resources



**National Suicide Prevention Lifeline**  
**1-800-273-8255** OR Text **HELLO** to **741741** – [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)



**Colorado Crisis Services**  
**1-844-493-8255** OR Text **TALK** to **38255** – [www.coloradocrisisservices.org](http://www.coloradocrisisservices.org)



**Trevor's Lifeline - LGBTQ**  
**1-866-488-7386** OR Text **START** to **678678** – [www.thetrevorproject.org](http://www.thetrevorproject.org)



**Military/Veterans Crisis Line**  
**1-800-273-8255 (Press 1)** OR Text **HELLO** to **838255** – [www.veteranscrisisline.net](http://www.veteranscrisisline.net)