

Denver Metro Area Suicide Support Resources Sheet

Suicide Related Support Groups for Adults 18+

For Adult Suicide Loss Survivors:

Southwest Metro Denver Survivors of Suicide

Free monthly support group for adult suicide loss survivors. (No pre-registration is necessary for this group.)

Meets on the 3rd Monday each month; 7:00 pm - 8:30 pm
Littleton Adventist Hospital Conference Room 4
7700 S. Broadway
Littleton, CO 80122
(720) 745-9252
www.swmetrodenversos.org

Surviving After Suicide

7-week psychoeducational bereavement support group for adult suicide loss survivors.

Meets Friday nights from 7:00 pm – 9:00 pm
Cost: \$25/session or \$150/7-weeks (if pre-paid in advance)
Please call for more information and / or to register.
(720) 745-9252
www.survivingaftersuicide.com

For Adult Family/Friends of Individuals w/Suicidal Thoughts, Attempt Survivors or a Chronic Mental Health Condition:

Group 4F: Fortifying Families & Forming Friendships

Free monthly support group for adult family members and friends of suicide attempt survivors, individuals with suicidal ideation (thoughts), or individuals living with a chronic mental health condition. (This group is for family members and friends only. Please call CO Crisis Services at (844) 493-TALK (8255) or see our other groups for support if you are an attempt survivor or are currently struggling with suicidal thoughts.)

(No pre-registration is necessary for this group.)

Meets on the last Sunday each month; 4:30 pm - 6:00 pm
Sheridan Public Library Meeting Room*
3425 W Oxford Ave.
Denver, CO 80236
(720) 745-9252
www.group4f.org

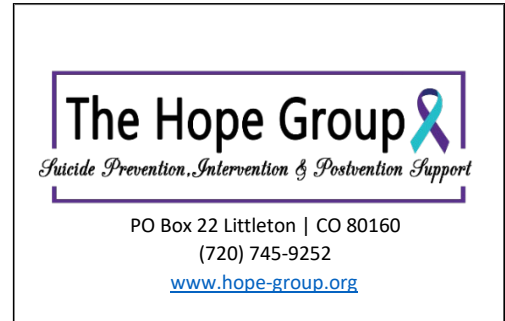
Suicide Related Support Groups for Youth 13-19

For Teen Suicide Loss Survivors:

Teens Overcoming Grief After Suicide

7-week bereavement support group for teen suicide loss survivors.

Meets Tuesday nights from 6:30 pm – 8:00 pm
Cost: \$50/7-weeks
Please call for more information and / or to register.
(720) 745-9252
www.swmetrodenversos.org/togas



For Adult Suicide Attempt Survivors/Adults with Suicidal Thoughts:

Surviving, Striving & Thriving

Free monthly support group for adult suicide attempt survivors and / or adults with suicidal ideation (thoughts). (No pre-registration is necessary for this group.)

Meets on the 2nd Thursday each month; 6:30 pm - 8:00 pm
Sheridan Public Library Study Room 2*
3425 W Oxford Ave.
Denver, CO 80236
(720) 745-9252
www.survive-strive-thrive.org

Choose Life!

8-week psychoeducational support group for adult suicide attempt survivors and / or adults with suicidal ideation (thoughts).

Meets Wednesday nights from 6:30 pm – 8:00 pm
Cost: \$25/session or \$150/7-weeks (if pre-paid in advance)
Please call for more information and / or to register.
(720) 745-9252
www.survive-strive-thrive.org/choose-life

Financial assistance and scholarships are available if cost would make it prohibitive to attend any of our groups. Please contact our Executive Director, Charlotte Tankersley, at charlotte@hope-group.org for more information.

*The Hope Group is very appreciative of the space that the Sheridan library provides for our meetings and workshops and wishes to acknowledge that the granting of permission by the Arapahoe Library District to use library facilities does not constitute endorsement by the Library District staff or Board of Trustees.

For Teen Suicide Attempt Survivors/Teens with Suicidal Thoughts:

Teens Surviving, Striving & Thriving

8-week support group for teen suicide attempt survivors and / or teens who have suicidal ideation (thoughts).

Meets Thursday nights from 6:30 pm – 8:00 pm
Cost: \$50/8-weeks
Please call for more information and / or to register.
(720) 745-9252
www.survive-strive-thrive.org/teens

Suicide Prevention and Crisis Hotlines/Text/Online Chat

National Suicide Prevention Lifeline: (800) 273-TALK (8255)

OR text HELLO to 741-741

OR visit www.suicidepreventionlifeline.org

Colorado Crisis Services: (844) 493-TALK

OR text TALK to 38255

OR visit www.coloradocrisisservices.org

Veteran's Crisis Hotline: (800) 273-8255; Press Option #1

Spanish Suicide Prevention Lifeline: (888) 628-9454

Trevor Project: (866) 488-7386 (LGBTQ+ Youth)

Trans Lifeline: (877) 565-8860 (Transgender Youth & Adults)

IMAlive: www.imalive.org (online crisis network with 24/7 chat)

24 Hour Crisis Walk-in Locations

Littleton

6509 S. Santa Fe Dr.
Littleton, CO 80120

Wheat Ridge

4643 Wadsworth Blvd.
Wheat Ridge, CO 80033

Denver

4353 W. Colfax Ave.
Denver, CO 80220

Aurora

2206 Victor St.
Aurora, CO 80045

Westminster

2551 W. 84th Ave.
Westminster, CO 80031

Boulder

3180 Airport Rd.
Boulder, CO 80301

Additional Suicide Bereavement Support Groups for Adults

North Metro Denver HEARTBEAT

Collier Hospice Center @ Lutheran Medical Center
3210 N Lutheran Pkwy., Wheat Ridge

[720.300.8213](tel:720.300.8213)

7:00 pm – 9:00 pm; 1st Tuesday each month

Parents Surviving Suicide - Denver

Bethany Lutheran Church
4500 E. Hampden Ave., Cherry Hills Village

[303.252.6576](tel:303.252.6576)

7:00 pm – 9:00 pm; 3rd Tuesday each month

East Metro HEARTBEAT

Heart Light Center
11150 E. Dartmouth Ave., Aurora

[303.755.2679](tel:303.755.2679) or [303.704.7482](tel:303.704.7482)

7:00 pm – 9:00 pm; last Tuesday each month

Parents Surviving Suicide Loss - Lakewood

Fox Point
13701 W. Jewell Ave., Lakewood

westsidepss@gmail.com

6:30 pm – 8:00 pm; 2nd Tuesday each month

Southeast Littleton HEARTBEAT

Littleton Adventist Hospital
7700 S. Broadway, Littleton

[720.328.9229](tel:720.328.9229), [303.697.6984](tel:303.697.6984) or [303.378.5028](tel:303.378.5028)

7:00 pm – 9:00 pm; 2nd Thursday each month

Healing from Partner Suicide

Southfield Park Towers Office Complex
12835 E. Arapahoe Rd., Tower 2, Suite 410, Centennial

[303.954.9809](tel:303.954.9809)

6:30 pm – 8:00 pm; 2nd Friday each month

Evergreen HEARTBEAT

Contact Leader for Location
Evergreen

[720.480.6672](tel:720.480.6672)

6:00 pm – 7:30 pm; 4th Thursday of the month

Longmont Suicide Survivors Support Group

Longmont Sr. Center
910 Longs Peak Ave., Room G, Longmont

[970.978.6802](tel:970.978.6802)

5:30 pm – 7:00 pm; 3rd Wednesday each month

HEARTBEAT Survivors After Suicide CO Springs

East Methodist Church
1505 E. Monument St., Colorado Springs

[719.596.2575](tel:719.596.2575)

7:00 pm – 9:00 pm; 1st Tuesday each month

Boulder HEARTBEAT/Sibling HEARTBEAT

Calvary Bible Church
3245 Kalmia Ave., Boulder

[720.244.9052](tel:720.244.9052)

Online Resources for Suicide Prevention & Postvention Information and Support

Alliance of Hope:

www.allianceofhope.org

American Association of Suicidology:

www.suicidology.org

American Foundation for Suicide Prevention CO Chapter: Second Wind Fund:

www.afsp.org/chapter/afsp-colorado/

Catalively:

www.catalively.org

Colorado State Office of Suicide Prevention:

<http://bit.ly/CO-OSP>

Man Therapy:

www.mantherapy.org

National Alliance on Mental Illness (NAMI):

www.nami.org

www.thesecondwindfund.org

Suicide Intervention Skills Gatekeeper Training Workshops:

www.denverqprtraining.org

Suicide Prevention Coalition of Colorado:

www.suicidepreventioncolorado.org