



WARNING SIGNS

Discussing:

- Death or a desire to die
- Significant guilt or shame
- Identifying as a loser or burden on others

Feeling:

- Empty, hopeless, trapped, no reason to live
- Sadness, anxiousness, agitation, rage
- Unbearable emotional or physical pain

Behavioral Changes:

- Planning/researching death
- Withdrawing from friends/activities
- Giving away personal items
- Dangerous risk-taking such as driving fast
- Noticeable mood swings
- Significant appetite/sleep changes
- Increase in drug/alcohol use

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

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Adams and Broomfield County
"Life Line"

(303) 835-LIFE (5433)



"You Are Not Alone"





Who We Are:

(303) 835-LIFE (5433)

The **"LIFE LINE"** connects young people facing mental health challenges with the support and services they need to face **LIFE** and all its obstacles. The **"LIFE LINE"** is staffed by licensed mental health professionals who work at the Adams and Broomfield County Youth Diversion program and is sponsored by the District Attorney's Office. Our counselors have more than 40 years of experience helping young people facing mental health challenges and can help to prevent negative coping strategies such as self-harm, or self-medication with drugs or alcohol.



"You Are Not Alone"



Resources:

(303) 835-LIFE (5433)

- Licensed Counselors
 - Weekdays: 9:00am-5:00pm
- Social, Emotional, Mental Health Concerns/Questions and Assistance
- Counselors Screen, Assess, and Refer callers to FREE therapy and support services
- If you are suffering from a mental health or substance abuse emergency, dial 911

