



ARAPAHOE COUNTY
COLORADO'S FIRST

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Tie a yellow ribbon on World Suicide Prevention Day Sept. 10

Arapahoe County call to action to help promote suicide awareness and prevention.

Littleton, Colo. – Arapahoe County will be observing World Suicide Prevention Day, Sept. 10, during National Suicide Prevention Week Sept. 7 – 13 in hopes of raising awareness and sending the message that there is hope, there is help.

Arapahoe County recognizes suicide is a serious public health issue that can have lasting harmful effects on family, friends, co-workers and the community.

Colorado ranks 7th in the nation for the highest suicide rates. In 2014, there were 102 deaths by suicide, accounting for 21 percent of all deaths certified by the Arapahoe County Coroner's Office last year. So far in 2015 there have been 64 suicide deaths through August, according to the Arapahoe County Coroner's Office. Of these 64 suicides, the largest current category is men between the ages of 20 to 39 years.

In an effort to raise awareness, Arapahoe County has hung banners and tied yellow awareness ribbons at the Administration Building in Littleton, the Human Services building in Aurora and the Coroner's Office in Centennial. They will remain visible all month long with information booths set up for the public to collect resources available for anyone in need of support.

"We continue to be actively involved in this campaign to let people know that help is out there," said Arapahoe County Coroner Kelly Lear-Kaul. "My office deals directly with people who have died by suicide and see that many of the deaths that we investigate are preventable. In reviewing medical and psychiatric records, and reading suicide notes in these deaths, we consistently seek to identify intervention opportunities for others."

Through the County's Suicide Prevention Awareness campaign, citizens can visit the County's website and access important resources including suicide hotlines and information about where to find help.

If you or someone you know is in emotional distress or suicidal crisis, the National Suicide Prevention Lifeline phone number is 1-800-273-TALK(8255). This 24-hour, toll-free, confidential suicide prevention hotline is available to anyone who needs help dealing with severe depression or suicidal thoughts. Calls are routed to the nearest crisis center where counseling and mental health referrals are provided day and night.

Informational panel cards and wallet inserts with tips on how to read the warning signs are available in the lobbies of County buildings for the public. The panel cards provide links with information for specific groups including Veterans, youth, and lesbian, gay, bisexual and transgender populations.

For more information on Arapahoe County's Suicide Prevention Awareness campaign look for Suicide Prevention Awareness under County Services at www.arapahoegov.com or <http://www.arapahoegov.com/index.aspx?NID=1388&ART=4184&ADMIN=1>.

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