



**AMERICAN FOUNDATION FOR
Suicide Prevention**

COLORADO CHAPTER

Resources for Survivors of Suicide Loss (Updated 8/5/14)

AFSP does not endorse or recommend any of the particular groups or organizations listed.

This resource list is made available as a public service.

NATIONWIDE 24-HOUR CRISIS LINE (Links to local services and resources)
Suicide Prevention Lifeline 1-800-273-TALK (8255).

COLORADO'S 24-HOUR CRISIS LINE
Metro Crisis Services 1-888-885-1222

SUICIDE BEREAVEMENT SUPPORT GROUPS provide a safe place where survivors of suicide loss can share their experiences and support each other. *Additional support groups outside the Denver Metro Area are not listed below but may be available.* A nationwide directory of groups can be found at www.afsp.org/survivingsuicideloss

Boulder: Heartbeat Boulder
Contact: Michel Fantozzi
(720) 244-9052
michelfantozzi@hotmail.com

Centennial: Surviving Your Spouse's Suicide
Contact: Jessica Edmonds
(303) 353-9226

Colorado Springs: Heartbeat
Contact: Guy Bennet
(719) 337-6640

Denver: Parents Surviving Suicide Support Group of Metropolitan Denver
Contact Person: Vivian Epstein
(303) 322-7450

Littleton: Survivors of Suicide
Contact: Mary Wylie
(303) 989--0241
SWDenverSOS@gmail.com

Littleton: Heartbeat
Contact: Lisa Sjoden
(303) 697-6984
ljsjoden@gmail.com or
Contact Name: Carol Stather
(720) 328-9229
Stat7135@gmail.com

Wheat Ridge: Heartbeat – Denver Metro North
Contact: Katie Ford
(720) 300-8213
Kford1046@gmail.com

OTHER GRIEF SUPPORT GROUPS

Even though they may not be specific to suicide loss, many survivors find general grief support groups helpful.

Compassionate Friends (varied locations): <http://www.compassionatefriends.org>

TRU Community Care (serving Boulder, Longmont areas) www.trucare.org

Heartlight Center (Denver) www.heartlightcenter.org/monthly-grief-support-groups

Judi's House - Grief Support for Parents and Children (Denver):
<http://www.judishouse.org/>

Namaste Hospice: www.namastehospice.com

Pathways Center for Grief & Loss: Newly Bereaved (Ft. Collins)
<http://grief.pathways-care.org/group-info.php>

Rainbows – Weekly support group for children/adolescents for single-parent families following parental death (various Denver locations). Email info@rainbows.org Website www.rainbows.org

NATIONAL ORGANIZATIONS & RESOURCES

American Association of Suicidology
<http://www.suicidology.org/web/guest>

American Foundation for Suicide Prevention
<http://www.afsp.org/>

Centers for Disease Control
<http://www.cdc.gov/ViolencePrevention/suicide/index.html>

Injury Control Research Center for Suicide Prevention (ICRC-S)
<http://suicideprevention-icrc-s.org/>

Mental Health America
<http://www.mentalhealthamerica.net/>

National Action Alliance for Suicide Prevention
<http://actionallianceforsuicideprevention.org/>

National Alliance on Mental Illness
<http://nami.org>

Substance Abuse and Mental Health Services Administration
<http://www.samhsa.gov/prevention/>

Suicide Prevention Resource Center (SPRC)
<http://www.sprc.org/>