



Suicide Prevention Collaborative of El Paso County
A Project of CHP

Support Systems

Transparenting

A support, resource and advocacy group for parents and families of transgender and non-binary children. Meets 6-7:30pm every 3rd Thursday of the month *VIRTUALLY* with Inside Out.

For more information call 719--328-1056 or visit <https://insideoutys.org/contact/> for more information and to get the Zoom link.

LGBTQ+ Youth Support

Inside Out is here for youth ages 13-24 from the Pikes Peak Region. Meetings are digitally in a Discord server and are accepting new participants! To join the online community center, please text or call (719) 315-1825 to connect with an Inside Out staff member.

To join the online community center, please text or call (719) 315-1825 to connect with an Inside Out staff member. Programs offered include 24/7 Text Channels, Voice/Video Channels and Friday virtual Rec Nights.

Veterans and Families

The Family Care Center staff consists of several military Veterans, spouses, and most importantly, clinicians with significant experience regarding the unique nature of mental health treatment for Veterans. Call: 719-540-2146

Adult and Youth Support

Suicide Prevention Connection Adult Peer Support: Adult peer support for individuals whose lives have been impacted by suicide. This is a mixed group of loss survivors, fellow sufferers, and individuals supporting someone who is suffering.

Every Monday 7pm-8pm (Virtual)

Join Zoom Meeting

<https://us02web.zoom.us/j/543364415?pwd=S295ekd2WCtHcjVvM0lMSG1VWmZVdz09>

Meeting ID: 543 364 415

Passcode: 828991

March 2021



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Or

Dial-in: 1 301 715 8592

Surviving the Storm Grief Support Groups (In-Person/Dinner Provided): A grief support group for youth who have lost a loved one to suicide.

Storm Troopers (ages 6-10) Tuesdays 530pm

Teens (ages 14-19) Weds 6pm-730pm

Caught in the Middle (ages 11-13): A mixed group for youth who need support with issues such as grief or other struggles that impact their mental health.

Weds 5:15pm-6:15pm

Mindful Movement: 30 minutes of instructor lead breathing and gentle movement

Weds 7pm-730pm via FB Live

Teen Talk (ages 14-19)- a peer support group focused on connection, building skills and increasing resiliency.

Thursdays 6pm-7pm

Draw it Out: encouraging the use of art as a coping tool

Saturdays 1pm-2pm via FB Live

Free supplies are available for pick up

Peer Support (serving ages 13 and up): be paired with a peer support volunteer to have scheduled check-ins; available to be scheduled 24/7

Free Individual Therapy: Available by appointment

Additional Services: Postvention Support Services & Suicide Prevention Trainings

To register or request any of these supports use this

link: <https://www.cognitofrms.com/PikesPeakSuicidePreventionPartnership/servicerequest>