About SpeakUp ReachOut

Discussing suicide has the power to heal. We've experienced it first hand.

SpeakUp ReachOut reduces instances of suicide in Eagle County and helps those affected by it address their pain. Through educational programs, events, peer groups, and partnerships, we bring community members together to learn and share their unique experiences.
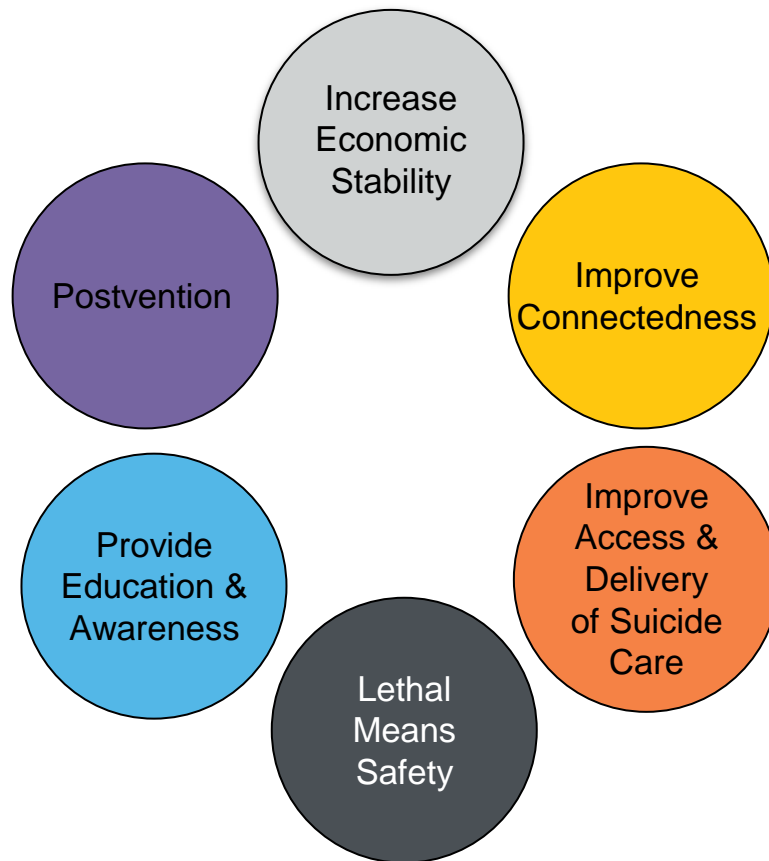
Suicide by the Numbers

Eagle County Statistics

Year	# of Suicides	Average Age	Male/Female	Resident
2024	15	44	11 male; 4 female	12 yes, 3 no
2023	13	46	12 male; 1 female	11 yes; 2 no
2022	15	48	12 male; 3 female	14 yes; 1 no
2021	9	32	7 male; 2 female	8 yes; 1 no
2020	12	42	11 male; 1 female	12 yes; 0 no

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	2015 HS Total %	2017 HS Total %	2019 HS Total %	2021 HS Total %	2023 HS Total %		2015 MS Total %	2017 MS Total %	2019 MS Total %	2021 MS Total %	2023 MS Total %
Percentage of students who purposefully hurt themselves without wanting to die in the past 12 months	17.30%	16.80%	14.30%	19.10%	10.10%						9.30%
Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months	25.40%	32.90%	34.90%	38.10%	20.70%		26.60%	31.20%	29.90%	26.50%	18.10%
Percentage of students who seriously considered attempting suicide during the past 12 months (2019 MS - Percentage of students who ever seriously thought about killing themselves)	15.00%	18.40%	15.10%	15.80%	9.70%		21.90%	22.70%	19.40%	20.80%	14.90%
Percentage of students who made a plan about how they would attempt suicide during the past 12 months (2019 MS - percentage of students who ever made a plan about how they would kill themselves)	12.60%	15.80%	13.60%	12.90%	8.20%		23.90%	15.90%	14.10%	15.10%	10.30%
Percentage of students who actually attempted suicide one or more times during the past 12 months (2019 MS - percentage of students who ever tried to kill themselves)	7.90%	7.70%	7.00%	6.40%	4.20%		11.40%	8.50%	7.10%	8.80%	4.30%

Healthy Kids Colorado

SpeakUp REACHOUT

Theory of Change: Our Prevention Framework

Increase Economic Stability

Improve Connectedness

Postvention

Improve Access & Delivery of Suicide Care

Provide Education & Awareness

Lethal Means Safety

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15+ Years of Prevention

Where We Have Been

- 2009 SpeakUp ReachOut started
- 2014 SpeakUp ReachOut became its own 501c3
- 2017 first full-time employee, thanks to funding from Eagle County via MHAC
- 2020 4 full-time employees, thanks to "It Takes A Valley" campaign
- 2021 5th full-time position, thanks to The Colorado Health Foundation
- 15,000 training impressions 2018-2023 for adults; 25,000 since inception
- 2,500-3,000 students trained annually

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Our Initiatives

- Signature Event Series
- Peer Support Groups
- Suicide Prevention Training
- Signs of Suicide School Programming
- Coping Skills for Resilience
- Professional Development for providers and first responders
- Lethal Means Safety
- Retrospective Fatality Analysis
- Community Response & Loss Support

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Learn More About Suicide Prevention

Training with SpeakUp ReachOut

- Level 1
  - Talk Saves Lives
  - LivingWorks Start
  - VitalCog: Workplace Suicide Prevention
  - Question, Persuade, Refer (QPR) Training
  - Soul Shop for Congregations

- Level 2
  - Mental Health First Aid
  - Youth Mental Health First Aid
  - Soul Shop for Leaders
  - Spiritual First Aid

- Level 3
  - Applied Suicide Intervention Skills Training (ASIST)
  - Professional Development Opportunities

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Upcoming Events

- **Talk Saves Lives** - Quarterly
  - 1.5 hour suicide prevention training
- **Dual Language Comedy Show** - July 10
  - Mental health through the lens of comedy
- **Annual Memorial Ceremony** - September 7
  - Remember, Reflect, Revitalize HOPE!
- **Wear Yellow Day** - September 12
  - Support suicide prevention and spread awareness in Eagle County
- **This is My Brave – The Show** - September 27
  - A powerful, live, storytelling event
- **Día de Muertos** - November 2025
  - Celebrate loved ones lost at this collaborative event

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Language Matters

Choosing Compassionate and Accurate Language

- Died of/by Suicide vs. Committed suicide
- Suicide v. Successful attempt
- Suicide Attempt vs. Unsuccessful attempt
- Describe behavior vs. manipulative/attention seeking
- Describe behavior vs. suicide gesture/cry for help
- Diagnosed with vs. they're Borderline/Schizophrenic
- Working with vs. dealing with suicidal patient

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Firearms and Suicide

Gun Owners Can Help Prevent Suicide

Help prevent suicide and keep your loves ones and yourself safe by putting time and distance between a suicidal person and a firearm.

Out of home storage:

- Gun shops, ranges, law enforcement
- ColoradoFirearmsSafetyCoalition.org
- Lock2Live.org
- Loan the firearm to a relative
- Loan to a non-relative for up to 72 hours

Other storage options:

- Storage device and safes
- Change combinations and secure keys
- Store firearms and ammo separately

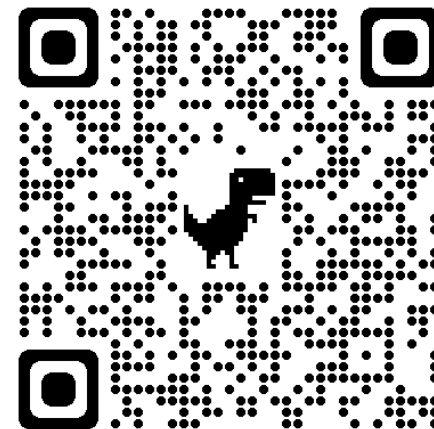SpeakUpReachOut.org

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Firearms and Suicide

Gun Owners Can Help Prevent Suicide

Any strategy that builds time between someone in suicidal crisis and a firearm will keep everyone safer.

Please consider these options:

- Get connected with a healthy support group
- Seek help from a qualified professional
- Store your firearms off-site temporarily
- Ask a friend to hold the keys, or store them somewhere safe where they're not immediately available in a crisis
- Disassemble your guns and entrust a friend with non-regulated components

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Peer Support Program
CREATING COMMUNITY THROUGH PEER CONNECTIONS

BEHAVIORAL HEALTH
VAIL HEALTH

SpeakUp
REACHOUT

Find a Group that meets your needs TODAY!

Peer Support

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Where to Find Us

www.speakupreachout.org

@speakupreachouteaglecounty

@speakupreachoutec

@speakupreachout

Follow. Like. Share.

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Get Help

Your Hope Center
970-306-4673

988 SUICIDE & CRISIS LIFELINE

V BEHAVIORAL HEALTH
VAIL HEALTH

www.vailhealthbh.org

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Your Support Makes a Difference

Suicide prevention programs are paid for by compassionate people like you

- 2500+ students 5th-12th grade receive suicide prevention training each year
- 91% of people are more comfortable talking about mental health and suicide after taking a training with SpeakUp Reachout
- 195 students were identified as needing support in 23/24 SY as a result of our programs.

Because of your community support, programs like this are available to everyone at no charge.

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