
Perinatal Suicide Care

Resource Guide for Colorado Community & Clinical Providers

2026 Colorado Perinatal SUD Integration Conference

■ CRISIS LINES — Available 24/7

1-833-TLC-MAMA National Maternal Mental Health Hotline

Call or text **1-833-TLC-MAMA** (1-833-852-6262) 24/7 for perinatal mental health support including suicidal crisis. Available in English and Spanish; interpreters for 60+ languages. mchb.hrsa.gov

988 Suicide & Crisis Lifeline

Call or text **988** — connects to trained crisis counselors. Available in English and Spanish. Veterans press 1. 988lifeline.org

Walk-In Centers Colorado Crisis Services

Call **1-844-493-8255** or text HELLO to 741741. Free, 24/7 walk-in crisis centers statewide — no appointment needed. 988colorado.com/walk-in-centers

Patient-Facing Resources

For individuals experiencing suicidal thoughts or behaviors during pregnancy or postpartum

Now Matters Now

nowmattersnow.org

Skills-based videos and tools for managing suicidal distress, developed with DBT experts and people with lived experience. Accessible, self-guided, and free.

Resources for Family Members & Support People

Helping loved ones recognize warning signs and respond effectively

Suicide Is Different

suicideisdifferent.org

Education and support for people caring for a loved one experiencing suicidal thoughts — addresses what makes suicide crises unique and offers practical guidance for partners, family members, and supporters of perinatal individuals.

5 Action Steps — National Institute of Mental Health

[nimh.nih.gov — 5 Action Steps](https://www.nimh.nih.gov/5-action-steps)

Five concrete steps for talking with someone having thoughts of suicide: Ask, Be there, Keep them safe, Help them connect, Follow up. Simple enough to share with any family member or support person.

Toolkits

Clinical toolkits and decision-support resources for perinatal suicide care

NC Matters Maternal Suicide & Risk Assessment Toolkit

ncmatters.org

Comprehensive toolkit for perinatal care settings: screening protocols, risk stratification, safety planning templates, and clinical decision support specifically designed for maternal suicide prevention.

Provider Training & Education

Building skills in perinatal suicide care across disciplines

CAMS Hub — Collaborative Assessment and Management of Suicidality

cams-care.com

Training hub for CAMS — a collaborative, patient-centered framework for suicide risk assessment and treatment. Online courses, consultation, and implementation support available.

QPR Institute — Gatekeeper Training

qprinstitute.com

Question, Persuade, Refer — a 1-hour gatekeeper training for non-clinical providers, doulas, home visitors, and peer supporters. Teaches warning sign recognition and how to connect someone to help.

Zero Suicide Institute

zerosuicide.edc.org

Free online training modules and implementation resources for health systems adopting a Zero Suicide framework. Especially relevant for OB practices, FQHCs, and perinatal care teams building organization-wide protocols.

AFSP Online Training — More Than Sad & Talk Saves Lives

afsp.org

Free and low-cost online trainings from the American Foundation for Suicide Prevention. Suitable for both clinical and community providers.

Provider-to-Provider Consultation, Training & Resource/Referral Navigation

Colorado resources for peer consultation and care coordination

PROSPER — Provider-to-Provider Support, Consultation & Referral

www.coloradoproper.org/

Colorado's perinatal mental health training database **AND** consultation network. Providers can access peer consultation, resource navigation, and referral support — not just training listings. *Suicide-specific perinatal care content coming soon.*

★ **Suicide care coming soon**

Clinical Services

Finding perinatal mental health providers and referral resources

PSI Perinatal Mental Health Provider Directory

psidirectory.com

Postpartum Support International's national, searchable directory of providers trained in perinatal mental health — useful for referrals to therapists, psychiatrists, and support groups with specialized perinatal expertise.

Colorado Center for Women's Behavioral Health & Wellness (WBHW)

[CU Anschutz — Women's Behavioral Health & Wellness](#)

CU Anschutz Department of Psychiatry's center dedicated to women's behavioral health across the lifespan. Provides specialized clinical services, training, and consultation for perinatal mental health including complex psychiatric presentations.

★ **PIPER — Healthy Expectations Parent Infant Program for Emotional Resilience**

[CU Anschutz — PIPER Program](#)

Colorado's **first and only perinatal Intensive Outpatient Program (IOP)**, offered through WBHW at CU Anschutz. PIPER provides structured, multidisciplinary, evidence-based care for individuals who are pregnant or up to one year postpartum and need more support than traditional outpatient therapy. 9 hours/week (Mon/Wed/Fri mornings), in person or virtual. **Babies are welcome.** Accepts patients on a rolling basis - new participants every Monday.

Compiled for the 2026 Colorado Perinatal SUD Integration Conference. Resources are not endorsements of specific clinical pathways. Providers should use clinical judgment when selecting tools and referring patients.