

SOMETIMES PAIN

lies just below the surface.

When you need someone to talk to, we're always available – 24/7/365. Every conversation with our trained professionals is free and confidential. So whether it's help for you, or someone you know, just text us. We're here for you.

IT'S EASY TO CONNECT

No matter the issue, it matters to us. We're here to listen.

TEXT TALK TO 38255.

- It can be hard to trust a stranger with personal conversations, but you can trust our trained professionals to provide personalized, confidential, judgment-free support.

WE'LL ASK YOU A FEW QUESTIONS.

- You will likely be asked your name, age and zip code, which is simply to help us understand how best to help you and to what services we might refer you. You aren't required to share any personal info if you don't want to.

SHARE WHAT'S ON YOUR MIND.

- Big or small, whatever you're going through is worth talking about, and talking about it really can make a big difference. We'll create a safe place to share.

Free. Confidential. Real people who care. 24/7.



COLORADO
Department of Human Services

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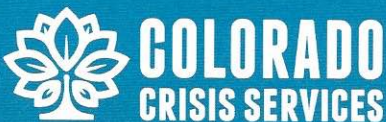
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CRISIS SERVICES

FREE, CONFIDENTIAL, 24/7 SUPPORT

**Whatever you're going through,
you don't have to go through it alone.**

Colorado Crisis Services provides free, confidential, professional and immediate support for any mental health, substance use or emotional concern, 24/7/365. We also provide information, referrals and connections to further support and solutions, statewide.

CALL: 1-844-493-TALK (8255)

TEXT: TALK TO 38255

VISIT: COLORADOCRISIS SERVICES.ORG



CRISIS LINE

If you or someone you know is experiencing a mental health, substance use or emotional concern, this service is for you.

The Crisis Line consists of a hotline (professional crisis counselors), a warm line (peer specialists who have gone through similar experiences), text and chat. Our trained staff can help you manage the situation, provide immediate support and solutions, and connect you to further resources if needed.

They may also send a mental health professional to provide support for individuals who are in need of face-to-face help.

CRISIS WALK-IN CENTERS / STABILIZATION UNITS

Our walk-in centers are open 24/7, and offer confidential, in-person support, information and referrals to anyone in need.

If you need assistance when helping others with a crisis, you can always go to a walk-in center near you. Some locations provide crisis beds for stays of 1-5 days for either voluntary or involuntary treatment.

Visit ColoradoCrisisServices.org to view our walk-in center locations.



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