

RESOURCES

If there is an emergency dial 988.
If you or a friend are struggling,
there are resources to help!



COLORADO CRISIS SERVICES

Reach out for free, confidential, professional 24/7 support

1-844-493-8255 (TALK) | Text: Talk to 38255

Chat online from 4 pm to 12 am at: coloradocrisisservices.org

Crisis can take many forms for many people.

Here are some common calls: Relationship problems Depression Bullying Anxiety Disability Family Crises Substance Abuse Stress Suicidal Thoughts



JEFFERSON COUNTY FOR MENTAL HEALTH

Mental health counseling for adults, children, families, veterans, seniors includes emergency & crisis care, suicide prevention, and substance use.

Nearest Walk-In Crisis Center (for adults and teens)

4643 Wadsworth Blvd., Wheat Ridge, CO 80033

303-425-0300



NATIONAL CRISIS LINE/NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-8255 (TALK) | Chat online at: suicidepreventionlifeline.org

You're not alone. Confidential help is available for free. The National Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.



SAFE 2 TELL // safe2tell.org

1-877-542-7233 | Text: S2T to 274637

Anonymously report anything that concerns or threatens you, your friends, your family or your community.



THE TREVOR PROJECT

Provide crisis intervention and suicide prevention for LGBTQ youth.

Counselors available 24/7/365

TrevorLifeline: 1-866-488-7386 | **TrevorText:** START to 678678

TrevorChat: Confidential online instant messaging with a Trevor counselor at: thetrevorproject.org



SECOND WIND FUND // thesecondwindfund.org

Second Wind Fund believes that every child and youth at risk of suicide should have access to the mental health treatment they need. If a financial or social barrier to treatment is present, we pay for up to 12 sessions of therapy from one of our specialized network providers.