

The struggle is real...

BUT WE'VE GOT YOUR BACK

There may be a time when you need support about your health and it is okay to feel the way you do. You may need to reach out and talk to someone. This could be a parent or guardian, counselor, teacher, principal, coach, etc. If you are not ready to talk to someone you know and need support, please contact the Colorado Crisis Services. Counselors can talk to you about stress, anxiety, bullying, family issues, suicidal thoughts, substance use, eating disorders, and relationship problems.



1-844-493-8255



"TALK" to 38255



coloradocrisisservices.org

substance use

Colorado Quitline
1-800-784-8669

Smokefreeteen
Text "QUIT" to 47848
teen.smokefree.gov

Responsibility Grows Here
Marijuana education & information
Responsibilitygrowshere.com/youth-and-marijuana

general health

211 Colorado
211 App
Text your zip code to 898-211

sexual health

Clinic Locator
beforeplay.org/clinics

In Case You're Curious
Text ICYC to 57890

mental health

Colorado Crisis Services
Resources for mental health and substance use
1-844-493-8255
Text "TALK" to 38255

Trevor Project
24/7 LGBTQ support
1-866-488-7386
Text "START" to 678678

Trans Lifeline
1-877-565-8860

safety

Safe2Tell
1-877-542-7233
Safe2tell.org

sexual violence

You Have the Right
youhavetherightco.org/support-services-2-2

Violence Free Colorado
violencefreecolorado.org/Find-help/programs-by-county

Survivors Organizing for Liberation
1-888-557-4441