




Need support?

YOU'RE NOT ALONE

There may be a time when you want to talk to someone about your health. This could be a parent or guardian, counselor, teacher, coach, etc. If you're not ready to talk to someone you know, but still want support, you can use one of the resources on this page or contact **Colorado Crisis Services**. Counselors there can offer support for stress, bullying, family issues, suicidal thoughts, substance use, relationship problems, and more. It's okay to reach out - we all need support sometimes!

 coloradocrisisservices.org 1-844-493-8255 "TALK" to 38255

mental health

I Matter.
Free, confidential counseling sessions
<https://imattercolorado.org/>

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

relationship violence

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

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

substance use

Colorado Quitline
1-800-784-8669

Smokefree Teen
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
teensource.org/find-a-clinic

In Case You're Curious
Text "ICYC" to 57890



¿Necesitas ayuda?

NO ESTÁS SOLO

Puede que en algún momento quieras hablar con alguien sobre tu salud. Puede ser uno de tus padres o tutores, un consejero, un maestro, un entrenador, etc. Si no estás listo para hablar con alguien conocido, pero aun así buscas apoyo, puedes utilizar uno de los recursos de esta página o contactar los **Servicios de Crisis de Colorado**. Los consejeros allí pueden ofrecer apoyo para estrés, hostigamiento, problemas familiares, pensamientos suicidas, consumo de sustancias, problemas de pareja, y más. Está bien pedir ayuda - ¡todos necesitamos apoyo de vez en cuando!



coloradocrisisservices.org



1-844-493-8255



"TALK" al 38255

salud mental

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Terapia gratuita y confidencial
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Trevor Project

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Trans Lifeline

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seguridad

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violencia sexual

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Marihuana: educación e información
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salud general

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