

IN CRISIS?

You are not alone. **We've got your back.**



Sometimes, you just need to chat with someone to get to a safe place. Here are some resources for when you or a friend are in distress and need to talk, text, or chat:

Kaiser Permanente Denver/Boulder Behavioral Health Access Center

Central calling number for all behavioral health needs

Call: 303-471-7700

Crisis/safety hotline:

Weekdays (8:30 a.m. – 5 p.m.): 303-338-3900

Weekends and After Hours: 303-338-4545

National Suicide Prevention Lifeline

24/7, free, and confidential support line for people in distress

Call: 1-800-273-TALK (8255)

Chat: suicidepreventionlifeline.org/chat

Learn more: suicidepreventionlifeline.org

Colorado Crisis and Access Line

24/7 hotline for accessing mental health services in Colorado

Call: 1-844-493-8255

Text: TALK to 38255

Chat: coloradocrisisservices.org/chat

Learn more: coloradocrisisservices.org

Crisis Text Line

24/7 free text line for anyone in any type of crisis that provides support and information

Text: CONNECT to 741741

Learn more: crisistextline.org

Trevor Project

24/7 hotline for crisis intervention and suicide prevention services for LGBTQ+ youth

Call: 1-866-488-7386

Chat: thetrevorproject.org/chat

Text: START to 678678

Learn more: thetrevorproject.org

Your Life, Your Voice

24/7 free hotline for pre-teens, teens, and young adults who are in crisis or feeling overwhelmed

Call: 1-800-448-3000

Text: VOICE to 20121

Learn more: yourlifeyourvoice.org

**Snap a picture and
keep this with you!**