

Helpful Resources

Resource	What is it?	How to contact
	Talkline and textline for kids, teens, and young adults staffed by counselors	800-448-3000 (24 hrs) Text VOICE to 20121 yourlifeyourvoice.org
	Talkline and textline for teens staffed by teens	800-TLC-TEEN (6-10p PST) Text TEEN to 839863 (6-9p PST) teenlineonline.org
	Talkline with 24/7, free and confidential support Nacional de Prevencion del Suicidio	800-273-TALK (8255) (24 hrs) 888-628-9454 (en Espanol) suicidepreventionlifeline.org
	Confidential hotline to access crisis services in Colorado	844-793-TALK (8255) (24 hrs) Coloradocrisiservices.org
	Free app with details of how to make your own safety plan to help guide you through difficult moments and stay safe.	App Store Google Play
	Community behavioral health center serving Arapahoe & Douglas Counties. Counseling services available for all ages. No one is turned away due to inability to pay. Most insurance plans accepted.	Info & Appointments: 303-730-8858 24/7 Crisis Intervention: 303-730-3303