



If you would ever like emotional support
or other helpful resources,
these are available to you:

911 Please call 911 if you are experiencing an emergency and need immediate assistance (www.911.gov/)

[Lifeline 988](#) – 988- The 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 in the United States. (988lifeline.org/)

[Linea 988 Lifeline](#) – 988- ofrece 24/7 servicios gratuitos en español, y no es necesario hablar inglés si usted necesita ayuda. (988lifeline.org/es/home/)

[Crisis Text Line](#) – (US only) Text 741741 to text a trained Crisis Counselor- Free, 24/7 support via texting for those in crisis. Has an extensive list of referrals in the US (e.g. affordable health care, crime/legal organizations, employment, parenting, self-harm, etc). (www.crisistextline.org/text-us/)

[Colorado Crisis Services](#) – (844) 493-8255 – [textchat](#) – Text “TALK” to 38255- Our centers are open 24/7 unless otherwise noted. Walk in and get in-person, confidential crisis support, information and referrals right when you need it most. (Westminster, Littleton, Denver, Aurora, Lakewood, Boulder) (coloradocrisiservices.org/)

[Safe2Tell](#) – (877) 542.7233- Anonymously report anything that concerns or threatens you, your friends, your family, or your community. We take your reports any time, any day.reporting anonymously. (safe2tell.org/)

[Community REACH Center](#) – walk-in crisis center, open 24 hours, everyday access therapy, case management, peer support, and more. (Westminster, Thornton) (<https://www.communityreachcenter.org/services/>)

[Yarrow Collective](https://www.yarrowcollective.org/) – Our communities are centered around, for, & with people who have lived/living experience with a psychiatric diagnosis, trauma, extreme states, houselessness, disabilities or chronic illness, problems with substances, incarceration, criminalization, and other life-interrupting challenges. Peer Support, Education & Advocacy (<https://www.yarrowcollective.org/>)

[Littleton All Health Network](https://www.allhealthnetwork.org/locations/littleton/) – walk-in, crisis care, acute treatment center, emergency and crisis intervention center (<https://www.allhealthnetwork.org/locations/littleton/>)

[Aurora Mental Health Center](http://www.auroramhr.org/get-help/) – supportive services to help individuals and families cope with a variety of challenges, with the goal of mental wellness for all. Our staff of trained professionals works with all age groups, from children to seniors. (www.auroramhr.org/get-help/)

[National Alliance on Mental Illness \(NAMI\) of Colorado](http://namicolorado.org/) – Support and resource navigation for people, and their family members, who need mental health services. Builds communities of recovery and hope by educating, supporting and advocating for individuals affected by mental illness and their families. (namicolorado.org/)

[Highlands Behavioral Health System](http://highlandsbhs.com/) – (720) 348-2800, (720) 348-2816 (Outpatient)- Inpatient and Outpatient Treatment Options for Adults and Adolescents No-cost, confidential assessments are available 24/7. inpatient adolescent specific treatment, behavioral health hospital. (highlandsbhs.com/)