

Colorado Resources

[Suicide and Crisis Lifeline](#)

988

Call or text to reach a trained counselor within the existing lifeline network. This communication is confidential and free.

[Aurora Mobile Response Team](#)

303-627-3100 (non-emergency dispatch line) or 911 and request Aurora Mobile Response Team support.

[BaMidbar Wilderness Therapy](#)

info@bamidbartherapy.org

BaMidbar Wilderness Therapy is working to ensure that Jewish youth and young adults have the confidence, skills, and community support to navigate life's challenges and thrive in the face of adversity. BaMidbar does this through direct therapeutic programming with Jewish youth and young adults, as well as through training and professional support Jewish community professionals.

[Boulder County Crisis Counseling Program](#)

JFS and Community Foundation Boulder County have partnered to offer mental health counseling services to Boulder County residents affected by COVID-19 pandemic-related stress and the Boulder wildfires. The program offers up to ten individual or family counseling sessions and provides a pool of licensed providers from which to choose.

[The Center on Colfax](#)

303-733-7743

The Center on Colfax is a safe and welcoming place for Colorado's proud, diverse LGBTQ+ community. The Center on Colfax provides a host of free services, targeted programs, enriching cultural events, and more!

[Colorado Crisis Services](#)

1-844-493-TALK (1-844-493-8255)

Text "TALK" to 38255

Support and counseling for yourself or a loved one.

[Denver STAR Program](#)

720-913-STAR (720-913-7827) or ask 911 operators for STAR Van if looking for support with a mental health emergency.



[Jewish Family Service Boulder](#)

720-248-4686

Services include care management, counseling, companionship, emergency assistance, and holiday celebrations. JFS serves people of all faiths, races, ages, incomes, and abilities.

[Jewish Family Service Denver Mental Health Counseling and Services](#)

720-722-4496

agrover@jewishfamilyservice.org

JFS partners with clients, families, and the community to create opportunities to achieve emotional wellness and stability. Our team of skilled mental health professionals is committed to helping, improving, and making a difference in the lives of those struggling with mental health issues. Our therapists help people in the metro Denver area with mental health treatment for loss, depression, anxiety, and relationship issues. JFS serves people of all faiths, races, ages, incomes, and abilities.

[Let's Talk Colorado](#)

Resources to teach, share, learn, speak about, and take care of mental health. Includes information about where to seek help.

[Safe2Tell Colorado](#)

1-877-542-7233

Safe2Tell mobile app on Apple App Store or Google Play

Students can anonymously report a peer's suicidal ideation or their intent to harm themselves or someone else.

Naloxone Information and Request Forms

[Northern Colorado](#)

[State of Colorado](#) from NEXT Distro

[Stop the Clock Colorado](#)