

What to do when a mental health crisis happens

When you or a loved one is struggling with a mental health crisis including suicidal ideations, homicidal ideations or intense instability, there is help 24 hours per day. These individuals can support you in the moment, help you create a safety plan, and increase your supports in place.

Local Crisis Line: 970-247-5245

- Walk in Crisis Center – Axis Crossroads 1125 Three Springs Blvd
- 8am-5pm M-F therapists are available for in person support
- Therapists are available by phone 24/7

State Crisis Line: Colorado Crisis Services 1-844-293-8255

Text “TALK” to 38255 to have a counselor text with you

National Suicide Prevention Hotlines: 1-800-784-2433; 1-800-273-8255

Safe to Tell 1-877-542-7233

- www.safe2tell.org
- 24-hour hotline reporting for concerns about bullying, danger to school, others, kids you are worried about, or to call for help for yourself. They can dispatch school and/or police to respond immediately and assess situation.

Remedy Live

- www.remedylive.com
- Support resources with videos and chats (very teen friendly)
- 24 Hour chat available

You can always CALL 911 or go to your local Emergency Room