

▼ National Services ▼

Safe2Tell: 1-877-542-7233

- An anonymous way for students, parents, school staff and community members to report concerns regarding their safety or the safety of others.

www.safe2tell.org

SAMHSA's National Helpline: 1-800-662-HELP(4357)

- SAMHSA's (Substance Abuse and Mental Health Services Administration) National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

www.samhsa.gov/find-help/national-helpline

The Trevor Project: 1-866-488-7386

- Crisis prevention and suicide prevention for LGBTQ+ youth.

www.thetrevorproject.org

▼ Colorado Services ▼

Colorado Crisis Services: 1-844-493-8255 or text "TALK" to **38255**

- Chat available at: www.coloradocrisiservices.org
- Link for students: www.belowthesurfaceco.com
- When you don't know where to start, start here.

I Matter: 1-877-542-7233

- The I Matter program provides up to 6 free behavioral health sessions for youth in Colorado.

www.imattercolorado.org

Mobile Crisis Services, Denver Health: 303-602-7221

- 24/7 service that provides mental health support to residents of the city and county of Denver and to Mental Health Center of Denver consumers during and after a crisis.

www.denverhealth.org/services/emergency-medicine/psychiatric

▼ Arizona Services ▼

Arizona Health Care Cost Containment System:

www.azahcccs.gov/BehavioralHealth/crisis.html