If you or your child knows someone who is struggling, then **ACT**:

- **A**cknowledge: Listen to them & don’t ignore threats
- **C**are: Let the person know you care & you are concerned
- **T**ell: Tell a trusted adult so they can help

**SUPPORT NUMBERS:**
- Colorado Crisis Support Line: 1-844-493-TALK (8255)
- Text TALK to 38255
- Safe2Tell Colorado: 1-877-542-7233 or safe2tell.org

**www.adams12.org/mental-health-resources**