

CRISIS RESOURCES



2-1-1 COLORADO

Call 2-1-1

www.211colorado.org

2-1-1- is free access to health and human services information and referrals. Callers can speak with live referral specialists and receive comprehensive community information.

CRISIS TALK

Crisis Hotline 1-844-493-8255

Text "TALK" to 38255

Support & counseling for yourself or a loved one by providing mental health, substance use or emotional crisis help.



WALK IN CLINIC

Diiversus Health Lighthouse Walk-in Crisis Center

115 S Parkside 80910

<https://diversushealth.org/>

Open 24-hours a day, 7 days a week, 365 days a year.

Crisis counseling and services.

SAFE2TELL

Call 1-877-542-7233

<https://safe2tell.org/>

File a report online

Report anonymously. Any time.

Any Day. Parents, students and

staff can use this resource.



FIND FOOD

<https://careandshare.org/findfood/>

Care and Share Food Bank for Southern

Colorado

This link helps find food pantries and programs near you .



TESSA

Safe Line 719-633-3819

435 Gold Pass Heights 80906

<https://www.tessacs.org/>

TESSA offers confidential support and services for victims of Inter-Personal Violence, Sexual Assault, stalking and human trafficking.



PIKES PEAK SUICIDE PREVENTION

719-573-7447

<https://www.pikespeaksuicideprevention.org/>

Awareness, education and support services.



FAMILY CARE CENTER BEHAVIOURAL HEALTH SERVICES

www.fccwellbeing.com

888-374-5066

Therapy services. They accept many insurances.



PEAK VIEW BEHAVIORAL HEALTH

719-444-8484

7353 Sisters Grove 80923

<https://peakviewbh.com/>

Free mental health screenings.

Open 24 hours a day.



CEDAR SPRINGS HOSPITAL

719-633-4114

2135 Southgate Rd 80906

<https://cedarspringsbhs.com/>

Free mental health screenings.

Open 24 hours a day.

