



The **I Matter** program provides **up to six free therapy sessions** for any Colorado youth and reimburses participating providers, who are licensed therapists in Colorado.

- The program is open to youth 18 years of age or younger or 21 years of age or younger if receiving special education services.
- Youth and their parents can visit IMatterColorado.org to take a confidential online survey about their mental health and schedule therapy sessions, primarily via telehealth.
- A Spanish version of the platform can be found at YoImportoColorado.org, and the program has clinicians who can provide sessions in Spanish.

Fast Facts About I Matter

- The program has scheduled more than 8,000 appointments since its launch.
- Nearly 2,800 youth have received one or more sessions since the program's launch.
- Youth from over 50 of Colorado's 64 counties have signed up for the program.

If you'd like to spread awareness about the program, you can access the program's digital toolkit at bit.ly/IMatterColorado. You can also order free I Matter materials at bit.ly/IMatterMaterials.

If you have general inquiries about the program, you can access our FAQs at bit.ly/IMatterFAQ.