

Mental Health Resources

Colorado Crisis Support Line

1-844-493-8255 or text
“TALK” to 38255

Trevor Project

866-488-7386 or text
“START” to 678-678

Trans Lifeline

877-565-8860

National Suicide Hotline

800-273-8255 or call
or text 988

Sexual Assault Hotline

800-656-4673

Veterans Crisis Line

1-800-273-8255 or text
838255

Crisis Text Line

Support with self-harm, anxiety, depression, eating disorders, loneliness, gun violence, and more.

Text “HOME” to 741741

Building Hope Summit County

Local assistance finding mental health resource, scholarships, events, and support.

buildinghopesummit.org