

Election Day Crisis Resources

Colorado Crisis Line

Colorado Crisis Services is a 24/7 statewide behavioral health crisis response system offering residents mental health, substance use or emotional crisis help, information and referrals.

There is no wrong reason to call; many people call to talk about depression, anxiety, trauma, loneliness, substance use, suicidal thoughts, and more. You can find more information here:

<https://coloradocrisiservices.org>

Call: 1-844-493-8255

Text: Text TALK to 38255

National Suicide Prevention Lifeline – 1-800-273-8255

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in emotional distress or suicidal crisis 24 hours a day, 7 days a week.

Call: 1-800-273-8255

Chat: You can also chat with a crisis counselor at <https://suicidepreventionlifeline.org/chat/>

Supporting Yourself: The following link from the National Suicide Prevention Lifeline contains great information regarding ways you can help yourself cope through a crisis, including other mental health resources, coping strategies, and how to make a safety plan:

<https://suicidepreventionlifeline.org/help-yourself/>

Crisis Text Line

The Crisis Text Line is a resource that allows you to text a crisis counselor 24/7 about a variety of topics, including stress, depression, suicidal thoughts, anxiety, etc.

Text: Text HOME to 741741 to get connected with a counselor.

Facebook Messenger: You can also Facebook Message a crisis counselor at the following page:

<https://www.facebook.com/crisistextline/>

The Trevor Project – Specialized Support for the LGBTQ+ community

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. Their trained counselors are here to support you 24/7 if you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk.

Call: 1-866-488-7386

Trevor Text: Text START to 678-678 to get started.

Trevor Chat: You can chat live with a trained Trevor counselor 24/7 at

<https://www.thetrevorproject.org/get-help-now/>