

988 Lifeline

Call or text 988 or visit [988lifeline.org](https://www.988lifeline.org)



Colorado Crisis Services

Call 1-844-493-8255 or text "TALK" to 38255

Safe2Tell

Call 1-877-542-7233 or visit [safe2tell.org](https://www.safe2tell.org)

Help is here. You are not alone.

How can I help a friend who is going through a hard time?

1. **ASK** how they're doing.

2. **LISTEN** to their answer.

3. **CONNECT** them with someone who can help.



- A counselor
- A parent
- A teacher
- A coach
- Another trusted adult

Learn more at qrco.de/psdmentalhealth