

RESOURCES

CO Crisis Services

Free, confidential and quick mental health support from trained professional for all Coloradans.



Services Offered

Talk with a trained professional or a peer specialist who will provide immediate support and offer recommendations based on the individual's specific situation. They will connect the individual to further resources as needed to ensure continued care is received.

Colorado Crisis Services, 24/7
Call 844-493-TALK (8255)
Text TALK to 38255

National Suicide and Crisis Line, 24/7
Call or text 988
Chat online at 988lifeline.org

NHP Care Coordination 888-502-4190



If you need help with the information in this document, including written/ oral translation; or in a different format like large print or as an audio file, we can help you at no cost. Call NHP at 800-541-6870 or State Relay 711 for callers with speech or hearing disabilities.

Frequently Asked Questions

Can someone be seen in person?

Yes- in their home, at walk-in clinics or through telehealth.

- For walk-in locations, call Colorado Crisis Services
- For in home visits, it may take up to 2 hours for professional to arrive.

Can someone request help for a family member or friend?

Yes- they can call Colorado Crisis Services to talk with a trained professional to find out how to get support for the person in crisis.

Is there a limit on how many times someone gets help?

No, there is no limit- a crisis may look and feel different for everyone. No matter what, someone can always turn to us or Colorado Crisis Services.

CARE COORDINATION

Care coordination is free and can be used to help make appointments, get medications filled or set up transportation for your outpatient appointments. Call 888-502-4190 to connect with a care coordinator.