

## LIFELINES

**Colorado Crisis Services**  
844-493-8255  
text "TALK" to 38255

**Pueblo Rape Crisis Services**  
719-549-0549

**Crisis Text Line**  
Text "HOME" to 741741

**Safe2Tell**  
877-542-7233

**Suicide Prevention Lifeline**  
800-273-TALK (8255)  
For Veteran's Crisis Line, press 1

**Trevor Lifeline (LGBTQ)**  
866-488-7386

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## ONLINE MENTAL HEALTH RESOURCES

**Colorado Crisis Services**  
coloradocrisisservices.org

**Self Care Is For Everyone**  
selfcareisforeveryone.com

**Half of Us**  
halfofus.com

**Speak Now Colorado**  
speaknowcolorado.org

**Kevin Hines Story**  
kevinhinesstory.com

**Stamp Out Stigma**  
stampoutstigma.com

**Let's Talk Colorado**  
letstalkco.org

**Substance Abuse/Mental Health**  
samhsa.gov

**Make It OK**  
makeitok.org

**Suicide Awareness Voice of Ed.**  
save.org

**Mental Health First Aid CO**  
mhfac.org

**Suicide Prevention Resource Cntr.**  
sprc.org

**Need to Text**  
need2text.com

**Suicidology**  
suicidology.org

**OK to Talk**  
ok2talk.org

**Sweatpants & Coffee**  
sweatpantsandcoffee.com

**Postvention**  
postvention.org/suicide-attempt-survivors

**Trevor Project (LGBTQ)**  
thetrevorproject.org

**Safe2Tell**  
safe2tell.org

**To Write Love on Her Arms**  
twloha.com



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**LOCAL MENTAL HEALTH RESOURCES**

**Associates for Psychotherapy & Education**  
aforp.com  
719-564-9039



**Crossroads' Turning Point**  
crossroadstp.org  
719-546-6666



**Health Solutions**  
health.solutions  
719-545-2746



**Mental Health America of Pueblo**  
pueblomentalhealth.org  
719-966-7642



**National Alliance of Mental Illness (NAMI)**  
namisoutheastco.org  
719-315-4975



**Parkview Medical Center Behavioral Health**  
parkviewmc.com/care-treatment/behavioral-health  
719-595-7891



**Pueblo Senior Resource Development Agency**  
srda.org/index.aspx?NID=88  
719-583-6611



**Pueblo Community Health Center (PCHC)**  
pueblochc.org  
719-543-8711



**Suicide Prevention Coalition of Pueblo County**  
pueblsuicideprevention.org/



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