



## Mental Health Support Text/Call Hotlines

[Behavioral Health Urgent Care](#): Available 24/7 to speak with a therapist. Located at 2551 W. 84th Avenue in Westminster.

[Colorado Crisis Services](#): Free, confidential, professional, and immediate support for any mental health, substance use, or emotional concern. Call **1(800)273-8255**. You can also text **TALK** to 38255.

[Crisis Support Line](#): Text **HOME** to **741741** to connect with a Crisis Counselor. This is a free and confidential service for anyone that is needing to talk to someone, particularly through text. This text line is also available 24/7.

[National Domestic Violence Hotline](#): To access this 24/7 hotline, you can call **1(800)799-7233**. If you are unable to speak safely, you can also text **LOVEIS** to **22522** or log onto [thehotline.org](http://thehotline.org).

[The TALK Line](#): This is a 24/7 crisis and counseling phone line for parents and caregivers with children under the age of 18 to seek support, referrals, or connect with someone to who will listen - Call **(415)441-5437 (KIDS)**.

[Friendship Line](#): Institute of Aging's 24-hour hotline is the only accredited crisis line in the country for adults aged 60 and older and adults with disabilities. This is both a crisis intervention and non-emergency emotional support hotline - Call **1(800)971-0016**.

ACT (Acknowledge, Tell, Care) at Home:

- [ACT at Home for Parents](#)
- [ACT for Students](#)