Local Immediate Crisis Resources:

* Colorado Crisis Services Line, 1-844-493-TALK (8255): This 24/7 toll-free hotline is available 365 days a year for anyone affected by a mental health, substance use or emotional crisis. All calls are connected to a mental health professional that will provide immediate support and connections to further resources.
* Crisis Text Service: Anyone can text the word TALK to 38255 anytime, from anywhere in Colorado about any type of crisis. This feature is available 24/7.
* Safe2Tell: Call 877-542-7233, text S2T to 274637, download Safe2Tell app, or visit safe2tell.org
* (National) Suicide/Crisis Lifeline: 988

Mental Health Crisis Centers:

* Cedar Springs Behavioral Health Services

2135 Southgate Rd.

Colorado Springs, CO 80906

(719) 633-4114

* Peak View Behavioral Health

7353 Sister’s Grove

Colorado Springs, CO 80923

(888) 235-9475

* Diversus Health Lighthouse Walk-In Crisis Center

115 S. Parkside Drive

Colorado Springs, CO 80910

(719) 572-6100

\*This list is not comprehensive, but includes 3 of the most commonly used resources in our area. You could also take your child to an ER, such as Memorial, St. Francis, Children’s, or Evans. Please check with your insurance provider to determine which services are covered at which locations.

Free Individual Counseling

I Matter: 6 Free Counseling sessions from a licensed provider for Colorado youth under 18

IMatterColorado.org