

Colorado 24-hour crisis hotline for mental health, substance use, or emotional help:

1-844-493-8255 or text **TALK** to **38255**

They also provide a chat feature on their website at <http://coloradocrisisservices.org/>

National Suicide Prevention Lifeline 24-hour:

1-800-273-8255

Colorado Abuse/ Neglect Hotline

1-844-CO4-KIDS 1-844-264-5437

USA National Child Abuse Hotline 24-hour:

1-800-422-4453

National Runaway Safeline 24-hour:

1-800-786-2929

Safe to Tell Colorado:

1-877-542-7233

<https://safe2tell.org/submit-anonymous-tip-report>