

Helpful Hotlines

If you are in a crisis:

If you are having suicidal thoughts, feel you may hurt yourself, or are concerned that someone you know may be in danger of hurting himself or herself, you may:

- 1) Call the National Suicide Prevention Lifeline at 800-273-TALK (1-800-273-8255);
- 2) Call the National Hopeline Network at 1-800-SUICIDE (1-800-784-2433);
- 3) If Spanish-speaking, call the Kristin Brooks Hope Center Spanish suicide support line at 1-800 SUICIDA (1-800-784-2432);
- 4) Call the Comitis Center hotline at 303-343-9890; or
- 5) In an emergency, call 911.

No hotline is a substitute for professional counseling. If you are depressed or thinking about hurting yourself, it is strongly recommend that you seek counseling from a mental health professional.