



If you or someone you know is in crisis or in need of immediate assistance at any time, these three options are available:

1. Call: 844-493-TALK (8255)
2. Text: TALK to 38255
3. Walk-in to one of these facilities:

Aspen Pointe
115 South Parkside Drive
Colorado Springs
Open 24 hours a day, 7 days a week

National Suicide Prevention Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

[1-800-273-8255](tel:1-800-273-8255)

**There is also free crisis care from the police department for a mental health evaluation and support by calling 911.*