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**I WAS SUPPOSED TO BE A ROCK,  
BUT INSIDE I WAS CRUMBLING.**





**COLORADO**  
**CRISIS SERVICES**

**844-493-TALK (8255)**

**OR TEXT TALK TO 38255**

**REACH OUT FOR FREE, CONFIDENTIAL, 24/7 SUPPORT**

[ColoradoCrisisServices.org](https://ColoradoCrisisServices.org)



**COLORADO**  
Department of Agriculture  
Department of Human Services