



COLORADO  
Department of Agriculture  
Department of Human Services

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

When I reached out, I was seconds away from ending my life. Financially, things on our ranch were falling apart—and I felt like a failure. I didn't want my problems to burden anyone else, so I buried 'em inside. And that's what almost buried me. Thankfully, I picked up my phone and called Colorado Crisis Services. I was able to finally get out everything I'd been holding inside, and I realized that trying to be a rock of strength for everyone else had actually caused me to start crumbling inside.

No matter what you're going through, you don't have to go through it alone.



**COLORADO**  
CRISIS SERVICES

**844-493-TALK (8255)**  
**OR TEXT TALK TO 38255**

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



