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I JUST NEEDED SOMEONE WHO WOULD LISTEN.

When I reached out, I was struggling with my relationship with my mom. She hardly ever understood me or agreed with me, but she'd always been the one who'd at least listen to me. Now she wasn't even doing that anymore. So I called Colorado Crisis Services. I talked for what felt like forever, and they listened. It seems simple, but simply being heard was what I needed most.

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 | [COLORADOCRISISERVICES.ORG](https://coloradocrisiservices.org)