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NO MATTER HOW MUCH I DRANK, I STILL FELT EMPTY.

When I reached out, I was killing myself with alcohol. A family member had just passed away, and I was turning to the bottle for support. I tried to convince myself I had it all under control, but I didn't. One morning I woke up and didn't even know where I was. I knew I needed help. Colorado Crisis Services helped me find the rehab and counseling that saved my life.

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)