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I WAS AFRAID OF WHAT MY FAMILY WOULD THINK.

When I reached out, I was on the verge of suicide. In my culture, depression is seen as something you just have to shake off or get over. For years I'd been trying to treat it on my own with will power, but it wasn't working. The woman on the phone at Colorado Crisis Services helped save me from making a really terrible mistake that night, and I'm so glad she did.

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