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# MY FARM WAS UNDERWATER, AND I WAS DROWNING.

When I reached out, my family farm was failing. After disastrous flooding and commodity prices plummeting, I felt trapped, and my anxiety felt impossible to overcome. I was losing \$30,000 a month and suicide invaded every thought. A friend recommended Colorado Crisis Services, and they helped me just in time. Thanks to Colorado Crisis Services, I got through to see better days.

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)