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**MY STRESS HAD GROWN INTO ANXIETY,
AND I WAS STARTING TO WORRY.**





COLORADO
CRISIS SERVICES

844-493-TALK (8255)

OR TEXT TALK TO 38255

REACH OUT FOR FREE, CONFIDENTIAL, 24/7 SUPPORT

ColoradoCrisisServices.org



COLORADO
Department of Human Services

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**I JUST NEEDED SOMEONE
WHO WOULD LISTEN.**





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