

If you or your child knows someone who is struggling, then **ACT:**



- A** **ACKNOWLEDGE**
Listen to them & don't ignore threats
- C** **CARE**
Let the person know you care & you are concerned
- T** **TELL**
Tell a trusted adult so they can help

SUPPORT NUMBERS:
Colorado Crisis Support Line
1-844-493-TALK (8255)
Text TALK to 38255
Safe2Tell Colorado
1-877-542-7233 or safe2tell.org

www.adams12.org/mental-health-resources



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