

NOT SURE WHEN TO USE 988?

Some of the feelings people experience before reaching out:

I feel alone

I'm overwhelmed

I don't know how to move on

I don't feel like myself

I just need someone to listen

Reasons why people reach out:

- General or ongoing anxiety or stress
- Relationship issues
- Feeling sad
- Losing a job
- Losing a friend or loved one
- Worrying about someone else's mental health
- Substance use challenges
- Thoughts of suicide

There are many other reasons why people reach out to 988. If you have a concern that's affecting you, it matters to us, and we want you to reach out.



JOIN THOUSANDS OF PEOPLE IN COLORADO WHO REACH OUT FOR SUPPORT.

Because if it's important to you, it matters to us.

Call, text or chat with 988 whenever you need support – day or night. We're always here to listen.

988 | Colorado Mental Health Line

 **COLORADO**
Behavioral Health Administration

Call or text 988

Online chat 988lifeline.org



SOMETIMES LIFE IS TOUGH.
You Don't Have to Face It Alone.



988 | Colorado Mental Health Line

Free, confidential support to help you through life's challenges.

Explore how 988 can be there for you

**YOU'RE IN
CONTROL.**



With 988, you get to choose the kind of support you need. 988 is available when you need it, 24 hours a day, every day of the year.

- You can call, text, or chat online with a trained 988 care specialist.
- You can share as much – or as little – as you want about yourself or what you're going through.
- Trained 988 care specialists are available in your preferred language. Calling services are available in multiple languages, while text and chat services are currently limited to English only.

THREE WAYS TO CONNECT WITH 988



Call 988



Text 988



Chat
988lifeline.org



FREQUENTLY ASKED QUESTIONS

- **Is 988 right for me?**
988 is available to everyone in Colorado who has a mental health, substance use, or emotional concern. You can reach out for yourself or for someone you know, and no concern is too small. If you feel overwhelmed or just need to talk, 988 is here to listen.
- **Who will answer if I reach out?**
All 988 care specialists undergo training to effectively and compassionately support people struggling with a mental health, substance use, or emotional challenge. Some 988 care specialists have even gone through similar experiences to you.
- **Is my call private/confidential?**
Yes! Trained 988 care specialists will only ask for basic personal information such as your phone number, in case you get disconnected. You can share as little or as much as you like about your concerns. If you or your 988 care specialist thinks you can benefit from additional support, we'll ask your permission to connect you to other resources.