



Prevention and Treatment Resources for Substance Use and Mental Health

Substance Use Prevention

Rise Above Colorado

Information about substances to help youth make empowered, healthy choices
riseaboveco.org

Speak Now

Resources for parents on how to start conversations and keep them going about the risks of substances among youth
speaknowcolorado.org

Take Meds Seriously

Information about safe prescription drug use, safe storage and safe disposal
takemedsseriously.org

Mental Health and Substance Abuse Treatment

Colorado Crisis Services

Confidential and immediate help for mental health, substance use or emotional health issues from a trained professional
Call 1-844-493-TALK (8255)
Text TALK to 38255
coloradocrisisservices.org

Behavioral Health Treatment Locator

Information for individuals seeking treatment facilities for mental health and substance abuse issues
Call 1-800-662-HELP (4357)
findtreatment.samhsa.gov

Mental Health Partners

Comprehensive services to residents of Boulder and Broomfield counties
Call 303-443-8500
mhpcolorado.org

National Alliance of Mental Illness Colorado

Resources and help for families and individuals
Call 303-321-3104
namicolorado.org

University of Colorado Depression Center

Comprehensive assessment and treatment of patients and families
Call 303-724-3300
coloradodepressioncenter.org

Let's Talk Colorado

Social media campaign with tools to help reduce mental health stigma and increase access to care
<http://letstalkco.org>

Other national resources available include: Help Finding a Therapist 1-800-THERAPIST (1-800-843-7274), National Federation of Families for Children's Mental Health 240-403-1901 or visit ffcmh.org, National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) or visit suicidepreventionlifeline.org, and the Substance Abuse and Mental Health Services Administration (SAMHSA) 1-800-662-HELP (4357) or visit samhsa.gov for a list of local mental health offices.