

SOMETIMES PAIN

lies just below the surface.

When you need someone to talk to, we're always available – 24/7/365. Every conversation with our trained professionals is free and confidential. So whether it's help for you, or someone you know, just text us. We're here for you.

IT'S EASY TO CONNECT

No matter the issue, it matters to us. We're here to listen.

TEXT TALK TO 38255.

- It can be hard to trust a stranger with personal conversations, but you can trust our trained professionals to provide personalized, confidential, judgment-free support.

WE'LL ASK YOU A FEW QUESTIONS.

- You will likely be asked your name, age and zip code, which is simply to help us understand how best to help you and to what services we might refer you. You aren't required to share any personal info if you don't want to.

SHARE WHAT'S ON YOUR MIND.

- Big or small, whatever you're going through is worth talking about, and talking about it really can make a big difference. We'll create a safe place to share.

Free. Confidential. Real people who care. 24/7.



**COLORADO
CRISIS SERVICES**



COLORADO
Department of Human Services



**Ute Pass Regional Health
Service District**

Office: (719) 686-6666

Fax: (719) 687-6410

Address: 1017 E Hwy 24
Woodland Park, CO 80863



WHAT IS 'BELOW THE SURFACE'?

Below the Surface is an awareness campaign that aims to help teens connect to and get support from the Colorado Crisis Services text line for their everyday struggles. This text line allows anyone to text with a trained professional via a free, confidential help line, 24/7/365.

HOW WAS 'BELOW THE SURFACE' DEVELOPED?

Messaging for Below the Surface was derived from a group of Colorado teens who came together after a spate of suicides in their community. They developed a campaign to help their peers understand the fine line between being "okay" and "not okay" by demonstrating that often someone may appear ok on the surface, but just below the surface may be feelings of pressure and pain.

HOW DOES TEXTING THE CRISIS LINE HELP?

Common reasons youth text for support include academic and social pressures, bullying and harassment, depression and anxiety, family instability, substance abuse, identifying as LGBTQIA+, relationship issues, and more.

Teens who text the crisis line benefit from a safe place to discuss their concerns, feel less alone, are taken seriously without the fear of getting in trouble, and are more informed about warning signs, risk factors and coping strategies. When texting about a concern for others, youth benefit from learning about options for helping their loved one get help.



**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