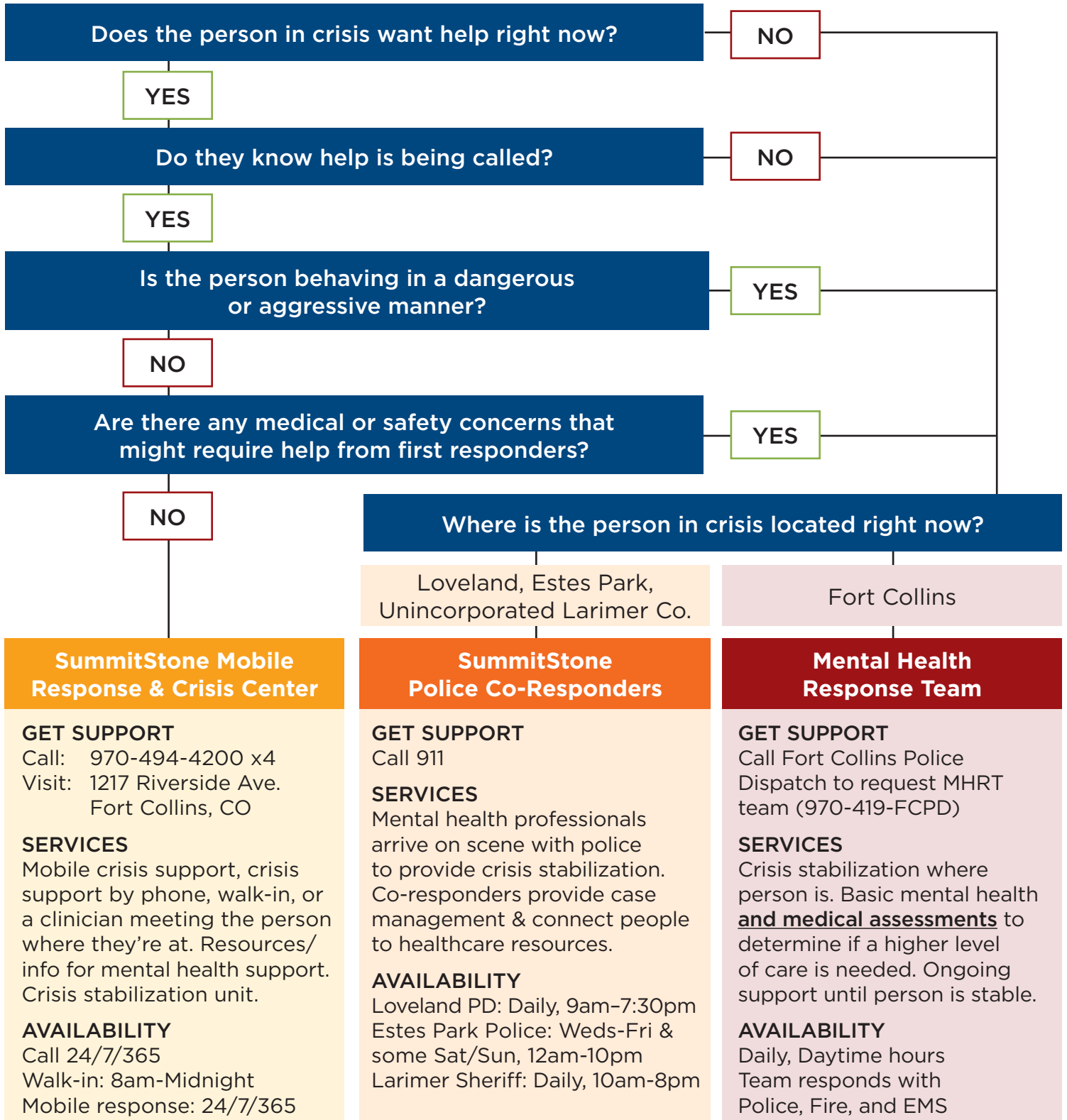


# Mental Health Crisis Resources

If you or a loved one is experiencing a mental health crisis, resources are available right here in Larimer County. Find out where to get the right help for your situation.



**Connections** helps people dealing with mental health or substance use issues. Services are free or low cost. Free therapy also available for anyone affected by the pandemic. Call 970-221-5551 (not a crisis line).

**Colorado 24/7 Crisis Hotline: Call 1-844-493-8255 or text "TALK" 38255**