

**One call can make a difference**

You can get help for your child at the following facilities or individual practitioners. You may need to call several facilities in order to determine the one that best meets your needs.

Colorado Crisis Services- 1-844-493-TALK (8255) or text TALK to 38255

Aurora Mental Health Center (for residents of Aurora): (303)617-2300 [www.aumhc.org](http://www.aumhc.org)

Arapahoe Douglas Mental Health Center (for residents of Centennial): (303)730-8858 [www.admhn.org](http://www.admhn.org)

Children's Hospital: (720) 777-1234 [www.childrenscolorado.org](http://www.childrenscolorado.org)

The Trevor Project: an excellent resource for LGBTQIA youth and families 1-866-488-7386 or text START to 678-678.