

## It's Going to be Okay



If you or someone you know needs support, what help is available?

### “The Counselor’s Corner”

A page on the Dolores School District Website for Resources.

Students also have the ability to schedule an appointment with the School Counselor.

Here is the link:

<https://doloresschools.org/counselors-corner/>

### Colorado Crisis Services

1-844-493-8255

Or

Text TALK to 38255

### Colorado Social Services

To report concerns and possible abuse.

1-844-CO-4-KIDS

1-844-264-5437

### National Suicide Prevention Lifeline

1-800-273-8255

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National Runaway Safeline	1-800-786-2929
National Domestic Violence Helpline	1-800-799-7233
Drug Abuse Helpline	1-800-662-4357
AXIS health System Crisis Line	1-970-247-5245
Trevor Project/LGTBQ Youth Suicide Prevention	1-866-488-7386
NEDA/Eating Disorder Helpline	1-800-931-2237
RAINN/Anti-Sexual Violence Network	1-800-656-4673
Safe2tell Colorado Anonymously report anything that concerns or threatens you, your friends, your family or your community!	1-877-542-7233 <a href="https://www.safe2tell.org">safe2tell.org</a>
Centers for Disease Control and Prevention For Coronavirus Information and Updates	<a href="https://www.cdc.gov">cdc.gov</a>

Asking for help doesn't mean you are weak,  
It means you are wise.

Resources provided by: Elisa Olson, School Counselor