



Health Resources

- **Colorado Crisis Services**
 - (844) 493-TALK (8255) or text “TALK” to 38255
- **National Suicide Prevention Hotline**
 - (800) 273-TALK (8255)
- **National Eating Disorder Helpline**
 - (800) 931-2237
- **The Trevor Project (LGBTQIA+)**
 - (866) 488-7386
- **Tri-County Health Network (health insurance, children's dental, food security help, teletherapy etc.)**
 - Contact Cecilia Castro: (970) 417-7143, cnav2@tchnetwork.org
- **The Center for Mental Health**
 - To schedule an appointment: (970) 252.3200 (walk-ins also welcome)
 - Crisis Hotline: (970) 252.6220
- **Tri-County Resource Center (sexual assault & domestic violence)**
 - Main office (Montrose): (970) 249-8345
 - Crisis Hotline (Montrose): (970) 249-2486
 - Crisis Hotline (Delta): (970) 874-4941
 - Crisis Hotline (Ouray): (970) 626-3777
- **Latimer House (domestic violence)**
 - To schedule an appointment: (970) 241-0324
 - Crisis Hotline: (844) 990-5500

