





8 a.m. to midnight 1217 Riverside Ave., Fort Collins, CO 80524



If you or someone you love is in crisis, call Colorado Crisis Services, a program of Rocky Mountain Crisis Partners.

1-(844) 493-TALK (8255) Text: "TALK" to 38255

# SummitStone Health Partners

Call our 24-hour Access Line at (970) 494-4200



- Immediate crisis intervention and de-escalation.
- Mental health and substance use screening and triage.
- We can help, no matter your age, income or insurance status.

I feel:



#### What's going on:

Physical injury including broken bones or excessive bleeding. Unconscious.

#### What I should do:

Call 911 or go to your local emergency room.

I can also: → Visit your nearest Urgent Care Center.

I feel:



#### What's going on:

Thoughts of killing or harming one's self or others with or without a plan. I cannot stay safe.

#### What I should do:

Visit: 1217 Riverside Ave., Fort Collins between 8 a.m. and midnight

OR, call 494-4200 to have Mobile Services dispatched to your location.

I can also:

→ Text TALK to 38255



#### What's going on:

Cutting or other harmful behaviors. Suicidal thoughts with no plan or thoughts of wanting to harm others. I am not sure if I can be safe.

#### What I should do:

- ➔ Visit: 1217 Riverside Ave., Fort Collins between 8 a.m. and midnight
- OR, call 494-4200 to have Mobile Services dispatched to your location.

#### I can also:

Text TALK to 38255

#### I feel:



#### What's going on:

Thoughts of wanting to harm one's self (i.e., cutting) or suicidal thoughts without a plan.

### What I should do:

Immediately call my local therapist or primary care physician.

#### I can also:

- → Call 1-(844) 493-TALK (8255) → Call 494-4200 for Crisis Services → Text TALK to 38255
- I feel:

# What's going on:

I need support to help with a problem that's going on, but can wait for my therapist or my doctor to call me back.

### What I should do:

→ Call my therapist or primary care physician.

#### I can also:

- → Call 1-(844) 493-TALK (8255) Call 494-4200 for Crisis Services
- Text TALK to 38255





*What's going on:* I am having a problem, but I am using my skills and can handle this problem right now. No safety concerns.

## What I should do:

I can wait until my next appointment with my local therapist/primary care physician.

➔ Or, call 1-(844) 493-TALK (8255)

Text TALK to 38255