It's okay to not be okay.

Our community has experienced tragedy lately.

If you are experiencing any of the following symptoms, you may benefit from support:

- Strong bodily reactions (increased heart rate)
- Feeling detached or disconnected
- Feeling hypersensitive or "on guard"
- Intrusive memories
- Irritability or Aggression
- Isolation or Avoidance
- Problems sleeping

Let's Start Together.

Colorado Crisis Hotline: 1-844-493-TALK (8255)
Mental Wellness Program Intake Line: 1-844-380-6355

Visit our website to learn about free counseling services.

https://www.sparkthechangecolorado.org/mental-health

"Trauma creates change you don't choose. Healing creates change you DO choose."
~ MICHELLE ROENTHAL