

Larimer County Youth Resource Guide


Mental Health • Sexual Assault • Domestic Violence • Peer Support

Mental Health Crisis (In Person)


SummitStone Urgent Care & Mobile Response

Behavioral Health Urgent Care is available 8 a.m. to midnight, 7 days a week, or call for Mobile Response any time, anywhere in Larimer County. Crisis teams will provide triage, consultation, crisis intervention, behavioral health assessment, and referral to appropriate levels of care. Crisis interventions by phone, Behavioral Health Urgent Care or Mobile Response are available for all individuals seeking behavioral health crisis support and/or referral to ongoing care. Caregiver and guardian involvement will be discussed as appropriate to youth seeking assistance.

 Urgent Care & Crisis Stabilization:
1217 Riverside Ave, Fort Collins, CO


 summitstonehealth.org



 Text "TALK" to 38255


 24/7 Hotline: (970) 494-4200 Ext. 4
(English/Español)

Mountain Crest Behavioral Health

UCHealth Mountain Crest Behavioral Health Center helps adults and adolescents with mental health issues and substance abuse issues achieve a balanced life and a high level of health and well-being. Mountain Crest offers both ongoing care and crisis treatment.

 4601 Corbett Drive, Fort Collins, CO



 24/7  (970) 207-4800,

 (844)-945-2500 (Español)

Mental Health Crisis (Text/Call)

Colorado Crisis Services



Colorado Crisis Services provides free, confidential and immediate support. The crisis clinicians and peer specialists are available 24/7/365 via phone or text.

 1-844-493-8255  24/7

 Text "TALK" to 38255

The Trevor Project



The Trevor Project is a national suicide prevention and crisis intervention organization for LGBTQIA+ young people. They can help if you or a friend is struggling.

 1-866-488-7386  24/7

 Text "START" to 678-678



Crisis Text Line


Connect with a trained crisis counselor to receive free, 24/7 support via text message for any crisis. They will help you move from a hot moment to a cool moment.

 Text "HOME" to 741-741  24/7

Suicide Prevention Lifeline

The Lifeline provides free and confidential support through anxiety, eating disorders, depression, suicide, and self harm. It also offers prevention and crisis resources for you or your loved ones, and best practices for professionals.

 1(800) 273-8255  24/7


 1(888)-628-9454 (Español)


(Non-Crisis) Mental Health Resources

CAYAC

(Child, Adolescent, and Young Adult Connections)


CAYAC offers mental health resources, information, and education based on your unique needs and goals. Call CAYAC to speak with a mental health specialist who will listen to your concerns, discuss options available to you locally, and help you get connected to resources. Mental health specialists can also share information with you about your right to receive mental healthcare and offer support talking to a parent or loved one about mental health. CAYAC staff are LGBTQ-affirming and offer bilingual support and translation services at no cost.

 (970) 221-3308

 Monday-Friday, 8 a.m. - 5 p.m.

I Matter Colorado

I Matter offers 6 free behavioral health sessions with a licensed and youth-friendly clinician to any Colorado youth.

 imattercolorado.org

You are
not alone.

Many agencies listed offer help 24/7/365. Most of these services are free and anonymous or confidential.

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Sexual Assault & Domestic Violence Resources

SAVA (Sexual Assault and Victim Advocacy Center)

SAVA is dedicated to providing services to anyone affected by sexual violence in Larimer and Weld County. Whether the assault happened to you or a loved one, SAVA can provide advocacy and support regardless of when the assault happened.

📞 Hotline: (970) 472-4200

🌐 SAVACenter.org 🕒 24/7

Crossroads Safehouse

Staff are available to assist those in Northern Colorado who are suffering from domestic violence and interpersonal abuse based on individual needs and the emergent situation. This includes those who have experienced abuse both recently or in the past.

📞 Help Line: (970) 482-3502

🌐 SAVACenter.org 🕒 24/7

Alternatives to Violence

ATV provides emergency shelter, crisis advocacy, and resources for people impacted by domestic violence, sexual assault and human trafficking in Loveland and Southern Larimer County.

📞 (970) 669-5150 🕒 24/7

💬 Text: (970) 669-5157

Other Resources

Yarrow Collective & Alliance for Suicide Prevention

Confidential, free, drop-in support groups for teens who struggle with mental health and teens who have lost loved ones to suicide. Led by those who have "been there".

🌐 SuicidePrevent.org 📷 @yarrowcollectivecolorado

National Runaway Safeline

A confidential hotline and online services (live chat, emails and forum) for runaway or homeless youth and their families. Staff and trained volunteers provide non-judgmental and non-directive support and resource navigation.

🌐 1800runaway.org 📞 1-800-Run-Away (786-2929) 🕒 24/7

My Life, My Quit

Vaping and other nicotine use can cause added stress in your life. Sign up for free, non-judgmental support, 1:1 help to quit, and easy-to-follow tips from youth-friendly coaches.

🌐 mylifemyquit.com 📞 855-891-9989 💬 Text "Start My Quit" to 36072

Safe 2 Tell

Allows anonymous reporting of anything that concerns or threatens you, your friends, your family, or your community.

🌐 safe2tell.org 📞 1-877-542-7233 🕒 24/7

Estes Valley Crisis Advocates

EVCA provides advocacy services to survivors of crime and trauma including safe housing and counseling services in Estes Park.

📞 Help Line: (970) 577-9781 💬 Text: 1-513-970-EVCA (3822) 🕒 24/7

SPLASH LGBTQIA+ Youth

Youth groups for teens and young adults who are LGBTQIA+. Virtual and in-person peer social-support groups, resources, referrals, and special events throughout Larimer & Weld counties.

🌐 SplashNoco.org 📷 @splashnoco 💬 (970)-444-LGBT (5428)

A digital version of this guide and much more information about youth health in Larimer County is available online at LarimerYouth.org.

