

## BEHAVIORAL HEALTH RESOURCES

**\*\*\*When in doubt in a Behavioral Health crisis, or you are in life-threatening danger, please call 911\*\*\***

### HELP FOR SUBSTANCE USE

- **Steamboat.org** | 970-879-4882: local online & in person AA meetings at 437 Oak Street, Steamboat Springs
- **aa-intergroup.org** (online Alcoholics Anonymous groups)
- **aa-westerncolorado.com** (Alcoholics Anonymous meetings in Craig: 970-245-9649 or 888-333-9649)
- **virtual-na.org** (online Narcotics Anonymous meetings)
- **Steamboat NA** | 970-879-4882
- **Health Partnership Serving Northwest Colorado:** [thehealthpartnership.org/recovery-support/](http://thehealthpartnership.org/recovery-support/)

*\*Please remember going “cold turkey” can be dangerous due to risk of seizures. Please speak to your medical team if you feel you are at this level and might require a medically supervised detox. Please speak to your provider about our in-house help for substance use concerns.*

### CRISIS SUPPORTS

- **Colorado Crisis line:** 1-844-493-8255 (TALK) or Text TALK to 38255
- **National Suicide Prevention line:** 1-800-273-8255 (TALK)
- **Crisis Text Line:** Text HOME to 741741
- **Veterans/Military crisis line:** 1-800-273-8255 (and press 1) or Text: 838255. For support for the deaf and hard of hearing community, please use your preferred relay service or dial 711 then 1-800-273-8255.
- **Trevor Project hotline (LGBTQIA+ Lifeline):** 1-866-488-7386
- **Maternal Mental Health hotline:** 1-833-9-HELP4MOMS (1-833-9-4357-4-6667)
- **National Eating Disorder hotlines:** 1-800-931-2237 or Text NEDA to 741741 (M-Th: 9am-9pm EST, Fri. 9am-5pm EST)
- **SAMHSA national Helpline (Substance Use):** (800) 662-4357

### DOMESTIC VIOLENCE

- **Advocates of Routt County hotline:** 970-879-8888
- **Open Heart Advocates – Moffat:** 970-824-2400
- **Child Help Hotline:** 1-800-422-4453
- **National Domestic Violence Hotline:** 1-800-799-SAFE (7233)
- **National Anti-Hazing Hotline:** 1-888-NOT-HAZE (1-888-668-4293)
- **LoveisRespect.org**

**NORTHWEST COLORADO HEALTH GRIEF GROUP: Dr. Jo Anne Grace – 970-846-8319**

### FUNDING RESOURCES TO HELP PAY FOR THERAPY:

- **REPS Funds:** 970-846-8182 (Routt and Moffat County)
- **[northwestcoloradohealth.org/clientassistance](http://northwestcoloradohealth.org/clientassistance)**

If uninsured, please ask our front desk staff to schedule an appointment for you with our eligibility team.