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

HELP FOR SUBSTANCE USE
- Steamboataa.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/

*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 (1-833-9-4357-4667)
- National Eating Disorder hotlines: 1-800-931-2237 or Text NEDA to 741741 (M-Th: 9am-9pm EST, Fri. 9am-5pm EST)
- SAMSHSA 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

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