

Wellness Tip



Colorado Crisis Services

Colorado Crisis Services provides free, confidential, and immediate support to anyone who needs it. Call **1-844-493-TALK(8225)** to talk with a trained professional if you or someone you know are in a crisis.

- Support available 24/7/365
- Translation services provided
- 24/7 walk-in services at locations through CO
- Connections to additional resources, information, and referrals



www.ColoradoCrisisServices.org



Alright gentlemen, here is resource just for you. Check out [Man Therapy](http://ManTherapy) to learn about how you can best support your mental health.

Take a quick screening if you or someone you know needs a check-up from the neck-up.

Mental health is a part of overall health. It is quick, free, and completely anonymous. You will be connect to resources and see your results immediately after finishing. Click [here](#) to start now!

Center for Mental Health—Montrose (970) 249-9694



Contact your wellness health educator, Tanner Kingery, with questions any at tkingery@ouraycountyco.gov