



**"FOR PEOPLE
STRUGGLING WITH
MENTAL HEALTH OR
SUBSTANCE USE, IT
FEELS LIKE EVERYONE
IS JUDGING YOU."**

**Stigma prevents people from seeking
the help they need and deserve**

Confidential help is just a call away

- Call the Health Department:
Trinidad: (719) 846-2213;
Walsenburg: (719) 738-2650
- In crisis? Call Colorado Crisis Services at
1-844-493-8255 or Text "TALK" to 38255

