Mental Health Resources for Youth

Anti Violence/Bullying:

- **Colorado Anti-Bullying Project**, 1.866.NO.BULLY (866.662.8559) (24-hour support)
- **Colorado Anti-Violence Program**, 303.852.5094 (24-hour/crisis and hate crimes)
- **Colorado School Safety Hotline**, 1.877.542.7233
- **SAFE2TELL®**, 1.877.542.7233
  Anonymously report any threatening behavior that endangers you, your friends, your family, or your community
- **Rape Crisis Hotline**, 303.322.7273 (24-hour support)
- **Project PAVE (Promoting Alternatives to Violence through Education)**, www.projectpave.org or info@projectpave.org, 303.322.2382
  Mission is to empower youth to end the cycle of relationship violence. The organization's goal is to stop the generational cycle of relationship violence through prevention, education, and early intervention.

Eating Disorder:

- **Eating Disorder Center of Denver**, www.edcdenver.com, 1.866.771.0861
  Eating Disorder Center of Denver is one of the nation's foremost centers for the diagnosis and treatment of the full range of eating disorders, including anorexia, bulimia, binge eating and diabulimia.
- **The National Eating Disorders Association (NEDA)**, www.natinaleatingdisorders.org, 1.800.931.2237
  NEDA is the leading non-profit organization in the United States. NEDA campaigns for prevention, improves access to quality treatment, and increases research funding to better understand and treat eating disorders. NEDA has online resources and an online chat available.

GLBT Specific:

- **Colorado Anti-Violence Program**, 1.888.557.4441 (24-hour support)
- **Fenway GLBT Peer Help Line**, 1.800.399.7337
- **It Gets Better Project**, www.itgetsbetter.org
- **Trevor Project**, 1.866.4.U.TREVOR (866.488.7386)
- **The GLBT National Help Center** Hotline: 1.888.THE.GLNH (888.843.4564) or Youth Talkline: 1.800.246.PRIDE (800.246.7743)
- **Rainbow Alley at The GLBT Community Center of Colorado**, 1301 E. Colfax Ave., Denver, info@glbtcolorado.org, 303.733.PRIDE
  Rainbow Alley is a drop-in center designed to support LGBT youth and their allies ages 12-21. Our facility is a warm and welcoming environment, complete with supportive adults and youth. The Alley provides health services, counseling and referral, youth-led events and activities, and life resources in a safe and supportive space.
Juvenile Justice/Children Welfare:

- **Day Treatment Program (DAYS)**, info@denveryouth.org or 303-698-2300
  Serves youth involved in the child welfare system and juvenile justice system, youth in need of substance abuse treatment and support with gang-disengagement, young mothers and fathers, and guardians seeking to strengthen family relationships. Young people are provided with the support they need to learn how to make good choices, improve their lives, and become positive role models.

Sexuality/ Pregnancy/STDs:

- **Colorado AIDS Hotline**, 1.800.252.243 or 303.782.5186
- **Planned Parenthood Facts of Life Hotline**, www.plannedparenthood.org, 1.800.967.PLAN
  The Planned Parenthood Facts of Life Hotline features operators on call to give information about sexuality, STDs, relationships, alcohol and drugs, nutrition and more.
- **Gabriel House**, www.gabrielhousedenver.org or gabrielhousedenver@gmail.com, 1.800.713.3021 or 303.377.1577
  The Gabriel House is an outreach program of the Archdiocese of Denver committed to helping and assisting girls during and after pregnancy with resources, clothes, supplies, and spiritual and emotional support.

Suicide:

- **National Suicide Prevention Lifeline**, 1.800.273.TALK (8255)
- **Yellow Ribbon Suicide Helpline**, 1.800.784.2433 (24-hour Hotline)
- **Youth America Hotline**, 1.877.YOUTHLINE (986.8454)
  A national hotline network that routes teens in crisis to trained peer counselors in their community. Peer counselors offer compassionate care, hope and understanding.
- **I’m ALIVE**, www.imalive.org
  A live online network that uses instant messaging to respond to youth in crisis because people need a safe place to go during moments of crisis and intense emotional pain.

Youth Homelessness/Runaway Youth:

- **National Runaway Safe line**, www.1800runaway.org or 1.800.RUNAWAY (1.800.786.2929)
  Serves as the federally designated national communication system for runaway and homeless youth. Provides education and solution-focused interventions, offers non-sectarian, nonjudgmental support, respects confidentiality, collaborates with volunteers, and responds to at-risk youth and their families 24 hours a day.
- **Volunteers of America - Bannock Youth Center**, 303.297.0408
  Serves youth between the ages of 16-24 who have been homeless or are young parents themselves.
- **Urban PEAK Denver**, 730 21st Street, Denver, 303.974.2900
  Work with youth who are experiencing homelessness between the ages of 15 and 25 years of age in Denver. They provide a safe and caring place so that youth can begin to work on getting off the streets.
Family Tree - Gemini Youth Center, www.thefamilytree.org, 303.235.0630
Gemini is a 20-bed adolescent treatment center, providing emergency shelter, counseling, education, 24-hour crisis referral line, aftercare and street outreach to homeless and runaway youth. The center also includes a comprehensive state-accredited educational program to youth, ages 11 - 17 that cannot live at home because of unsafe situations or family conflict.

Community Based Health Clinics

- Colorado Behavioral Health Care, 303.832.7954, www.cbhc.org
- Denver Behavioral Health Center, 303.629.5293, www.centerforbehavioralhealth.com