



As the Community Resource Expo has come to a close, we are continuing to offer mental health support to those impacted by Club Q.

- We are offering two counseling sessions at no cost. Call (719) 572-6100 to schedule an appointment and mention that it is for Club Q.
- Our warm-line is available to talk to someone and/or receive resources. This line is open Monday - Friday, 8 a.m. to 5 p.m. at (719) 299-2996.
- Visit our 24/7 Walk-in Crisis Center at 115 S. Parkside Dr. or call our 24/7 Crisis Hotline at 1-844-493- 8225.



*It's okay to not be okay.
Please reach out if you need to
talk with someone.*

If you or someone you know is in crisis or in need of immediate assistance, our Walk-in Center is available 24/7/365.



1-844-493-TALK (8255)



Text "TALK" to 38255



115 S. Parkside Dr.
Colorado Springs, CO