

## Mental Health/Wellness

Being a teenager is hard. You're under stress to be liked, do well in school, get along with your family, and make big decisions. You can't avoid most of these pressures, and worrying about them is normal. But feeling very sad, hopeless or worthless could be warning signs of a mental health problem.

Poor mental health is more than feeling blue. Mental health problems are real, painful, and sometimes severe. You might need help if you have the signs mentioned above, or if you:

- Often feel very angry or very worried
- Feel grief for a long time after a loss or death
- Think your mind is controlled or out of control
- Use alcohol or drugs
- Exercise, diet and/or binge-eat obsessively
- Hurt other people or destroy property
- Do reckless things that could harm you or others
- Feel depressed (sad and hopeless)
- Have thoughts and/or plans of harming yourself or others

**Did you know that in the state of Colorado, kids 12 years or older can access mental health services/counseling without a parent's permission? But where can you go to get help?**

- Aspen Hope Center: Clinic in Basalt and RE-1 School based counselors: the school counselors do have to get your parent's permission to meet with you, but what you tell them is confidential
- Mind Springs: 970-945-2583 (GWS clinic and Aspen school based counselors)
- Mountain Family Health Centers: 970-945-2840 (Rifle, GWS, Basalt)
- Grand River Clinics: 970-625-1100 (Rifle, Parachute)
- [imattercolorado.org](http://imattercolorado.org): Can be connected to a therapist for up to 6 free, virtual counseling sessions (some in-person appointments available too)



**YOU ARE NOT ALONE! If you need immediate help:**

- Call the **Aspen Hope Center Crisis Line at 970-945-3728** (keep this number in your phone!)
- **Call or Text 988**: Help is available through this National Suicide/Crisis Support Hotline. If you would rather chat with a counselor online, go to **988lifeline.org**.

**Mental health problems can be treated. To find help, talk to your parents, school counselor, or health care provider. All conversations with a Mental Health professional are *confidential*. If you share concerns of hurting yourself or someone else, or that you are being abused, the professional has a duty to tell someone.**