

Colorado Resources Guide

Direct links and clickable phone numbers for disability benefits, food support, health coverage, housing, legal help, transportation, treatment, utilities, and crisis support in Colorado.

Colorado Resources

Need help right now?

Emergency: 911
Crisis Lifeline: 988
Colorado Crisis Services: 1-844-493-8255
Text: TALK to 38255

Telehealth appointments

Request a secure telehealth appointment for Colorado clients.

Request a Telehealth Appointment
Call or text 719-319-8170

Browse by category

Categories are listed in alphabetical order. Links open directly to the external resource.

Colorado Disability Resources

- Apply for SSI
- Apply for SSDI
- Social Security: 1-800-772-1213
- Social Security en Espanol

Colorado Food Support Resources

- Colorado PEAK
- Feeding America - food bank locator
- Food Bank of the Rockies

Colorado Health Coverage Resources

- Connect for Health Colorado - 855-752-6749
- Health First Colorado - 1-800-221-3943
- Medicare - 1-800-633-4227
- PEAK benefits portal

Colorado Housing & Eviction Prevention

- Colorado Housing Connects - 1-844-926-6632
- HUD PHA Contacts
- 211 Colorado - 211

Colorado Important Phone Numbers

- Emergency: 911
- 211 Colorado - 866-760-6489
- Colorado Crisis Services - 1-844-493-8255
- Domestic Violence Hotline - 1-800-799-7233
- RAINN Sexual Assault Hotline - 800-656-4673
- 988 Suicide & Crisis Lifeline - 988
- Veterans Crisis Line - 838255

Colorado Legal Help Resources

- Colorado Housing Connects
- Colorado Legal Services - 303-837-1313

Colorado Peer Support & Respite

- 211 Colorado
- NAMI Colorado

Colorado Phone & Internet Help

- AT&T Access
- Internet Essentials
- Lifeline - 800-234-9473
- Spectrum Internet Assist

Colorado Transportation Resources

- Health First Colorado NEMT
- 211 Colorado ride programs - 211

Colorado Treatment Resources

- FindTreatment.gov
- SAMHSA National Helpline - 1-800-662-4357
- 988 urgent support: 988

Colorado Utilities & Energy Assistance

- LEAP - 1-866-432-8435
- 211 Colorado utility help - 211

This guide is based on the current Colorado Resources page at Soulful Sexology Sanctuary and is intended as a quick-reference companion.