

Resources in Colorado for Minors

If you feel like you are in an unsafe living situation or your parents/guardians are not providing for your basic needs, you are not alone. Here are some possible sources to contact. If you have immediate safety concerns, please consider contacting emergency services or Child Protective Services. Your safety is always the priority.

State Agencies:

- **Child Protective Services:** If you would like to report abuse or neglect, you can call Child Protective Services' hotline at 1-844-264-5437 anytime. You can make the report anonymously, and your parent will not know that you were the one who called. Please note that CPS may determine that removal from the home is the best option, and consider placing you with other family members or with a foster family. They will always ask for your input about what you need. Check out their [website](#) for more information about what to expect once you call.

Hotlines:

- **211:** 211 is a one-stop shop that connects you to local resources in your community, whether it is housing, food assistance, or medical services.
- **Crisis Text Line:** Text HOME to 741741 to speak with a crisis counselor
- **The National Runaway Safeline** is available 24 hours/day, 7 days a week and offers confidential services and support. You can contact them by calling 1-800-786-2929 or texting 660008
- **Suicide Prevention Lifeline:** 1-800-273-8255
- **Hunger Free Colorado:** Hunger Free Colorado connects Coloradans with food resources, such as food stamps or food pantries for free. Call 855-855-4626 to speak with a food assistance navigator or check out their [website](#).

Medical Services:

- **Planned Parenthood:** Planned Parenthood offers confidential services to teens and will not report to your parents that you visited. In addition to sexual health services, Planned Parenthood offers general health care services and is an **amazing** resource for getting connected to other services that you may need, whether it is a housing advocate or mental health services. Services are on a sliding scale and they will work with you to receive treatment at a cost that is affordable for you.
 - Check out their [website](#) to schedule an appointment at a center near you.
- **I Matter Colorado:** I Matter offers free, confidential virtual counseling sessions for youth anywhere in Colorado. Take the [survey](#) to get connected with a therapist.
 - In Colorado, a minor 15 years of age or older can consent to receive mental health services without the consent of a parent/guardian.

Housing:

- ❑ **Urban Peak:** Urban Peak provides emergency and transitional housing services to youth in Denver, Colorado. Their [drop-in center](#) is totally free and open Monday through Friday, 8:30am-5:30pm (closed Wednesdays from 12:00-4pm). Their shelter is open 24/7 and is located at 1630 South Acoma Street in Denver.
- ❑ **The Place:** [The Place](#) offers shelter, meals, clothing, and a health clinic to youth ages 15-20 in the Colorado Springs area.
- ❑ **211:** Calling 211 can provide you information on what shelters have availabilities for the night. Or you can visit their [website](#).
- ❑ Check out this [list](#) for more emergency housing resources.

Food Resources:

- ❑ **Food Bank of the Rockies:** Check out their [website](#), where you can enter your zip code to find local food pantries or places offering meals that are near you.
 - If your county is not in their service area, you can call the Hunger Free Food Resources Hotline at 855-855-4646 for assistance finding food near you.
- ❑ School meals are currently free and available to all children under 18 in Colorado. Consider speaking to a teacher at your school if you are not already receiving free lunch.
- ❑ **Kids Food Finder:** Check out their [website](#), where you can find meal distribution centers for during the summer when school is not in session.

Other:

- ❑ You should not have to figure this out alone. Consider speaking to a trusted adult, such as a teacher or guidance counselor at school. Please note that anyone who works in a school is a **mandatory reporter**, which means they are legally required to report suspected child abuse or neglect to Child Protective Services. If you do not want CPS involved, consider talking to another trusted adult.