

Ongoing Resources

Drop-In and Online Support Resources:

Rainbow Alley - <https://lgbtqcolorado.org/programs/rainbow-alley/>

Rainbow Alley is a safe, brave space where LGBTQ youth (ages 11-21) and their allies find support and acceptance. We provide a drop-in space, youth-led events and activities, counseling and support groups, health services and life skills—all in a warm and welcoming environment. Virtual Drop-in hours are 2:00-7:00pm on Tuesdays/Wednesdays and 2:00-8:00pm Thursdays/Fridays via Discord.

Urban Peak - <https://www.urbanpeak.org/denver-youth/drop-in-center-outreach/about-the-drop-in-center/>

Urban Peak's Drop-In Center offers a variety of services from showers and laundry to case management and life skills classes for teens and young adults ages 15 through 24 who are literally homeless or who have no consistent or steady place to stay. The Drop-In Center is currently open Monday through Friday and all services in the Drop-In Center are free.

Emerson St. for Teens & Young Adults (*Mental Health Center of Denver*) - <https://mhcd.org/emerson-st-for-teens-young-adults/>

Emerson St. provides a free supportive community for teens and young adults, ages 15 – 26, seeking connection and belonging. This inclusive, welcoming place offers a variety of activities and services that support young people in enhancing their mental health and overall well-being. For more information head to their website or call Emerson St. at 303-504-3988.

Community Reach Center - <https://www.communityreachcenter.org/locations/rainbow-center/>

The **A.W.A.R.E.** Center (formerly known as the Rainbow Center) is a peer run drop-in center where members of mental health services can find an accepting community, purpose, and empowerment. Our services are rooted in the belief that people can, and do recover, and that empowerment is a critical aspect of recovery.

Teen Line - <https://teenlineonline.org/>

A teen specific website that connects teens to other teens willing to talk and offer support. Teens can call, text, email, or post on a message board and another teen who understands will respond and offer support. The site also features a "Youth Yellow Pages" tab that is a teen specific resource library

Therapy Tribe - <https://support.therapytribe.com/>

A free online support group website that offers specific groups for individuals experiencing similar disorders/feelings (such as an anxiety specific group). They also have a teen specific group; members just need to create a login to access the groups.

Food Resources:

Food Bank of the Rockies - <https://www.foodbankrockies.org/emergency-assistance/>

- Website provides list of Emergency Assistance locations providing food, organized by county
- List includes addresses of locations, hours of operation, phone numbers, and other additional information

The Action Center - <https://theactioncenter.org/>

- Drive-thru or walk-up services with an appointment, distributing food and mail services
- Appointments are still required, please call 720.215.4850

Crisis Resources:

Colorado Crisis Services - <https://coloradocrisisservices.org/>

- Provides 24/7 clinical and confidential services via telephone or text
- If you or someone you know needs help or is struggling emotionally call the Colorado Crisis line at 1-844-493-TALK or text TALK to 38255 to speak to a counselor or peer specialist.
- Provides online chat services 7 days a week from 4pm-12am at: <https://coloradocrisisservices.org/chat/>

Where to find a job? Online Job Boards:

- *Indeed:* www.indeed.com
- *Monster:* www.monster.com
- *ZipRecruiter:* www.ziprecruiter.com
- *Simply Hired:* <https://www.simplyhired.com/>
- *Snag a Job:* www.snagajob.com
- *Google Search:* www.google.com (search 'jobs near me')

Need More Assistance Finding Resources such as housing, clothing, volunteering, etc?

- **Jefferson Center for Mental Health Resource Library** - <https://www.jcmh.org/library/> or call the Navigation Department with Jefferson Center at: 303-432-5130 or navigation@jcmh.org
- **211 Colorado** – <https://www.211colorado.org/> 2-1-1 is a confidential and multilingual service connecting people to vital resources across the state. No matter where you live in Colorado, you can find information about resources in your local community. Ways to get help: search online database, dial 2-1-1 or (866)-760-6489 toll free, or text your ZIP CODE to 898-211 (standard message and data rates may apply)