

# A/LIVE INSIDE SUGGESTED RESOURCES

## COLORADO RESOURCES:

### COLORADO CRISIS SERVICES

[coloradocrisiservices.org](http://coloradocrisiservices.org)

Call this toll-free number 1-844-493-TALK (8255)  
or text TALK to 38255

If you don't know where to begin getting mental health, substance use or emotional help for yourself or someone you know—start here. We provide confidential and immediate support, 24/7/365. If you are in crisis or need help dealing with one, call this toll-free number 1-844-493-TALK (8255) or text TALK to 38255 to speak to a trained professional. Our walk-in crisis services are open 24/7, and offer confidential, in-person crisis support, information and referrals to anyone in need. View the map on our website to find walk-in crisis services near you.

### VICTIM OFFENDER DIALOGUE THROUGH THE COLORADO DEPARTMENT OF CORRECTIONS [colorado.gov/pacific/cdoc/victim-services](http://colorado.gov/pacific/cdoc/victim-services) Call (719) 226-4703

Victim offender dialogue (VOD) is a victim centered, confidential, face-to-face meeting between a victim/survivor and the offender of a severe or violent crime. The objective is for the victim / survivor to be heard and to provide an opportunity to get answers to questions only the offender can know. The experience of talking directly with the offender in a safe setting gives the victim/survivor full voice to the pain and trauma they have experienced. They are finally able to say what needs to be said. When offenders are able to listen and understand the complexity of feelings about the harm they caused and take full responsibility, they can better understand the devastating effects of their actions. As a result, some will try to make a new and meaningful purpose in their lives. The process is not about forgiveness or reconciliation, although sometimes that occurs.

More information about the program may be obtained at the Colorado Department of Corrections website under "Victim Services."

## NATIONAL RESOURCES:

**CRISIS TEXT LINE** is free, 24/7 support for those in crisis. Text HOME to 741741 connect with a Crisis Counselor from anywhere in the US.

### NATIONAL SUICIDE PREVENTION LIFELINE Call 800-273-TALK (8255)

If you or someone you know is in crisis—whether they are considering suicide or not—please call the toll-free Lifeline to speak with a trained crisis counselor 24/7.

### NATIONAL ORGANIZATION FOR VICTIM ASSISTANCE Call 1-800-879-6682

Whether you're a victim or a witness to a crime (or even if you're a criminal justice or mental health professional seeking services for a client), NOVA's Victim Assistance Helpline can assist you. The helpline is available 9 a.m. to 5 p.m. (EST) Monday through Friday. Though the association doesn't offer counseling, NOVA representatives can connect you within minutes to a counseling hotline that best fits your needs. They also provide information about crime and crisis recovery, as well as referrals to victim advocacy.

