



### Youth Survey

This survey will help you understand your emotional health and help you talk about your needs with your counselor, parent or other trusted adult. You must complete the survey to be connected with free mental health sessions. If you are younger than 12, please go back to the parent survey and complete it with your parent or guardian.

Would you like to talk with someone now?

If you are an individual in crisis, experiencing symptoms, such as active suicidal thoughts or planning self-harm, and want help now, contact [Colorado Crisis Services](#) immediately. Call 1-844-493-TALK (8255) or text TALK to 38255 to be connected 24/7 to a trained professional for free, immediate, and confidential help.

Back

Next