

Let's Talk: Find the right support for you.

LET'S
TALK.

Everyone's challenges are different, but they're all important. Find what works for you.

Getting support can look different for everyone. Sometimes, it can be hard to know where to start. Whether you're seeking professional help, community support, or peer networks, there are options for getting the help you need.

Find support that's right for you.

Finding professional help can feel overwhelming. Here's how to start.

1. Consider what you need.

Think about what matters most to you. Is it someone who shares your background, speaks your language, or understands your experience? Therapy isn't just for crisis; it's a tool for growth and healing.

Knowing what's important to you is a good place to start to find the support you need. Support options can include:

- One-on-one therapy
- Group therapy
- Psychiatry (medication management)
- Family therapy
- Alternative therapies (yoga, meditation)

2. Ask for recommendations.

Sometimes, trusted friends, family, or community members may have helpful referrals. While revealing that you need support might feel scary, it can give others the opportunity to help and share what has worked for them.



3. Find a culturally understanding provider.

- Search online with filters for identity, therapy style, and cost.
- Join social media groups that share culturally relevant resources.
- Check community centers, faith groups, and nonprofits for support options.
- Therapy should feel safe — if it's not the right fit, it is okay to switch.

Finding other types of support.

**Healing isn't one-size-fits-all.
Find what feels right for you.**

Support doesn't just happen in a therapist's office. Many people find healing in:

- Cultural spaces
- Hair salons and barbershops
- Sports and community groups
- Faith-based spaces
- Gatherings with friends and family

Need immediate support?

Call or text 988, or chat at 988Colorado.com to connect with trained mental health specialists. Free. Confidential. 24/7.

**You deserve support
in spaces that feel
natural and safe.**



Find more helpful tips at
LetsTalkCO.org

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