

A blue-tinted photograph of two women in conversation. The woman on the right is looking towards the woman on the left and has a slight smile. The image is framed by a hand-drawn yellow outline. The background is a solid blue color.

**Asking for help isn't weak.**  
It's a sign of strength.

LET'S  
TALK.



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TALK.

Start the conversation about why mental well-being matters. Let's break the stigma and build more supportive communities — together.



**Visit LetsTalkCO.org to get the conversation started.**

For immediate support, call/text 988 or visit 988Colorado.com.