

CATALYST COUNSELING RESOURCES

Identifying Causes for Stress

Stress comes in many forms and for many reasons. Recognizing that there IS stress and identifying the cause, or causes, is a first step.

Some Reasons for Anxiety and Stress:

- Expectations that are too high
- Too many activities
- Loneliness
- Death/separation/illness/relocation

For more information, consult the resources below:

Mental Health Connections - 221-5551

SUMMITSTONE Health Partners
Crisis Services and **24-Hour** Access Center - 970-494-4200 (call or walk-in)
1217 Riverside Avenue - Fort Collins

Alliance for Suicide Prevention of Larimer County - (970) 482-2209

National Suicide Hotline 1-800-273-TALK - (1-800-273-8255)

Poudre Valley Emergency Assessment Center (24 hours) - 970-495-8090

Safe2Tell new mobile app

Safe2Tell, a state-wide anonymous reporting line to report violent or troubling events, announces the launch of a new reporting resource for Colorado students, parents, teachers, and communities. The Safe2Tell Colorado mobile app for anonymously reporting threatening behaviors and safety concerns directly to Safe2Tell dispatchers in Colorado is available now for downloading. The mobile app is available from the Apple App Store for iPhones and Google Play for Android devices. It is password protected, and allows reporters to upload videos or photos, and has the ability to conduct two-way dialogue with the reporter and dispatcher using a unique login and password. [Learn more.](#)



The graphic features the Safe2Tell Colorado logo at the top, with a red '2' in a speech bubble. Below the logo, the text 'NEW MOBILE APP' is displayed in bold red letters. A list of app features is presented in green rounded rectangles, followed by a smartphone displaying the app's interface. At the bottom, there are instructions on how to download the app, logos for the App Store and Play Store, and a QR code.

safe²tell Colorado
NEW MOBILE APP

App Features:

- Ability to anonymously report safety concerns from any smart phone
- Ability to upload videos or photos
- Reports handled 24/7 by trained Colorado State Patrol operators
- Password protection and unique login
- Innovative, new technology making it "safe2tell" when it concerns your safety or the safety of others

Download the free reporting app by scanning the QR Code or by downloading from an app store.

Available on the **App Store** | **ANDROID APP ON PLAY STORE**

[Safe2Tell Safe2Tell Mobile App](#)

safe2tell.org

The Safe2Tell Colorado mobile app for reporting threatening behaviors and safety concerns in Colorado is now available for students, parents and community members on ...
