



Mental health challenges in children and adolescents across Colorado are real and widespread. Even before the pandemic, an unacceptable number of young people were having a hard time recovering from current or past trauma and coping with feelings such as sadness and hopelessness that can be difficult to talk about out loud.

We are all navigating through unprecedented times and changes since the COVID-19 pandemic began. These changes have impacted youth in multiple ways including living with heightened stress and anxiety and fear, transitions to and from online classes, school closings, and changes in how we all interact and connect with others.

To address this mental health crisis, the State of Colorado has launched the **I Matter** program to provide access to **free therapy sessions** for youth in Colorado.

- The program is open to youth 18 years of age or younger or 21 years of age or younger if receiving special education services.
- Youth and their parents can visit the platform at IMatterColorado.org to take a confidential online survey about their mental health and schedule sessions with a licensed behavioral health clinician, primarily via telehealth.
- A Spanish language version of the program can be found at YoImportoColorado.org, and the program has clinicians who can provide sessions in Spanish.

If you'd like to spread awareness about the program, you can access the program's digital toolkit at bit.ly/IMatterColorado for graphics to share on social media, and more. If you have general inquiries about the program, please email Laura.Gabbay@state.co.us.