

Exercise and Mental Health

Exercise releases chemicals like endorphins and serotonin that improve your mood. Regular exercise can reduce stress and symptoms of depression and anxiety.



Health Solutions Support Systems Available in Pueblo

Are you feeling overwhelmed with anxiety, fear and uncertainty?

Give Health Solutions a call. Our phones lines are open 24/7/365.

VISIT

Health Solutions
Crisis Living Room
1310 Chinook Ln.
Pueblo, CO 81001

CALL

Health Solutions
Crisis Services
719.545.2746



STATE HOTLINE

Colorado Crisis Services
1.844.493.8255

OR TEXT

Colorado Crisis Services,
text TALK to 38255