

RESOURCES: If you are concerned about a student

- Student/Resident Mental Health
 - (303) 724-4716 or smhservice@ucdenver.edu to schedule Intake
 - Walk in hours 8-4pm Mon-Fri for urgent matters, you may also email Amanda.Doria@cuanschutz.edu or Rachel.davis@cuanschutz.edu
- Office of Case Management (could lead to a CARE team referral)
 - https://cm.maxient.com/reportingform.php?UnivofColoradoDenver&layout_id=26
 - (303) 724-8488 or kelly.tyman@cuanschutz.edu
- Disability Resources (May help provide appropriate accommodations for a student with a medical diagnosis) - (303) 724 -5640
- Phoenix Center for Interpersonal and domestic violence
 - (303) 724-9120
 - 24/7 Free and Confidential Helpline: (303) 556-CALL (2255)

RESOURCES:

For Faculty to access mental health services

- EAP program
 - Real Helpline 24/7: (833) 533-2428 (CHAT)
 - <https://www.griefshare.org/>
 - Psychologytoday.com – lists mental health professionals according to zip code and can filter insurance
 - Some suggested therapists that take Anthem BC/BS:
 - Sara Marley, LCSW – (303) 903-7862
 - David Johns, PhD, LPC – (303) 642-6636
 - Willow Grove Mental Health – (720) 262-9100
 - Lee Hockman, Psy.D – (303) 777-2779
 - Anne Angerman, MSW – (720) 299-6576
 - Meghan Arhur, PhD – (720) 9727
 - Deborah Neisen, LCSW – (720) 859-7045
 - Carrie Chatterton, LPC (Aurora) – 720.277.9508
 - Greenwood Counseling Center (Denver Tech) – 720.815.7068
 - Mandy or Rachel in Student/Resident Mental Health may be able to help you with a referral
- Grief Support Groups**
- Littleton United Methodist Church (Littleton) 303.791.6287
- HeartLight Center Inc. (Aurora) 720.748.9908
- Growing through grief – 1st Wednesday of each month

RESOURCES: Other community support

- 24/7 Hotlines
 - Colorado Crisis Line: (844) 493-8255
 - Text “TALK” to 38255
 - National Suicide Prevention Hotline: (800) 273-TALK (8255)
 - Text “CONNECT” to 741741
- American Foundation for Suicide Prevention
 - *Support groups*: <https://afsp.org/find-support/ive-lost-someone/find-a-support-group/>
 - *Healing conversations*: <https://afsp.org/find-support/ive-lost-someone/healing-conversations/>

RESOURCES: More training & actionable steps

- Mental Health First Aid Training
 - If you are interested in being able to know and respond to signs of mental health issues, this training equips you with those skills; similar to being trained in CPR, MHFA training allows you to respond to mental health crises and situations, respond & refer/support
 - Contact dora.safoh@cuanschutz.edu for more information on trainings on campus
- QPR trainings (Question Persuade Response)
 - Depression Center – alexandra.Yannacone@cuanschutz.edu
 - <https://qprinstitute.com/>