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)
  - (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/