



Emotional and Behavioral Health Support Resources

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Discrimination is Against the Law. Children's Hospital Colorado complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Children's Hospital Colorado does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Children's Hospital Colorado provides free aids and services to people with disabilities to communicate effectively with us, such as: Qualified sign language interpreters, written information in other formats (large print, audio, accessible electronic formats, other formats). Children's Hospital Colorado provides free language services to people whose primary language is not English, such as: Qualified interpreters, information written in other languages.

If you need these services, contact the hospital main line at 720-777-1234.

If you believe that Children's Hospital Colorado has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Corporate Compliance Officer, 13123 E 16th Avenue, B450, Aurora, Colorado 80045, Phone: 720-777-1234, Fax: 720-777-7257, corporatecompliance@childrenscolorado.org. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Corporate Compliance Officer is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services 200 Independence Avenue, SW Room 509F, HHH Building Washington, D.C. 20201 1-800-368-1019, 800-537-7697 (TDD) Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-720-777-1234.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-720-777-1234.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-720-777-1234 번으로 전화해 주십시오.

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電1-720-777-1234。

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-720-777-1234.

ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም አርዳታ ድርጅቶች በነጻ ሊያግኙዎት ተዘጋጅተዋል። ወደ ሚስተኛው ቁጥር ይደውሉ 1-720-777-1234 (መስማት ስተሳናቸው)።

ملحوظة: إذا كنت تتحدث انكر اللغة، فإن خدمات المساعدة اللغوية تتوفر لك بالمجان. اتصل برقم 1-720-777-1234.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-720-777-1234.

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-720-777-1234.

ध्यान दनु होसः तपाइले नेपाल बोलनहन्छ भन तपाइको निम्त भाषा सहायता सवाहरू नःशल्क रूपमा उपलब्ध छ । फोन गनु होसर् 1-720-777-1234 ।

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-720-777-1234.

注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます。1-720-777-1234 まで、お電話にてご連絡ください。

Ntè: O buru na asu lbo, asusu aka oasu n'efu, defu, aka. Call 1-720-777-1234.

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Children's Hospital Colorado



School of Medicine

UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS

CHILDREN'S HOSPITAL COLORADO

Urgent or Crisis

- **Colorado Crisis Services:** free and confidential 24-hour crisis support
 - 844-493-TALK(8255)
 - Text TALK to 38255
 - coloradocrisisservices.org
- **Call 911 or go to your closest emergency department.**

Nonurgent

- **CompPsych (EAP):** free and confidential sessions for team members and dependents
 - 844-236-5178
 - guidanceresources.com
 - Web ID: CHCOEAP
- **Code 4 Counseling:** free and confidential individual support for Children's Colorado team members experiencing work-related stress and trauma
 - 303-351-2445
 - code4counseling.com

Children's Colorado Benefits

- **Kaiser Permanente members:**
 - 303-471-7700 or Kp.org/getcare
 - Ginger app: confidential, 24/7, one-on-one support via text
- **United members:**
 - 866-374-6060 or myuhc.com
 - Talkspace app: 24/7 virtual behavioral health therapy counseling

Peer Support

- **REST:** team/unit debriefings following a distressing event
 - 720-777-REST(7378)
 - restrequest@childrenscolorado.org
- **Moral Distress Rounds:** support to teams as they navigate nonurgent ethical challenges
 - 720-777-3999
 - ethics@childrenscolorado.org

 Email with questions: resilency@childrenscolorado.org



Additional urgent
or crisis support



Resources for parents
and caregivers

CU SCHOOL OF MEDICINE FACULTY

Urgent or Crisis

- **Colorado Crisis Services:** free and confidential 24-hour crisis support
 - 844-493-TALK(8255)
 - Text TALK to 38255
 - coloradocrisisservices.org
- **Call 911 or go to your closest emergency department.**

Nonurgent

- **Real Help Hotline**
 - Free and confidential; 24/7 access
 - Professional counselors for immediate crisis counseling and local resources
 - Available to all members covered under any of CU's medical insurance plans
 - 833-533-CHAT(2428)
- **University of Colorado Department of Psychiatry Faculty and Staff Mental Health Clinic**
 - Virtual and in-person visits
 - Accept most insurance including CU Anschutz Anthem Plans
 - 303-724-4987 or fsmh@ucdenver.edu
 - Kaiser Permanente members call 303-471-7700
- **Colorado Physician Health Program**
 - Peer assistance for licensed physicians and physician assistants for support with emotional, psychological or medical problems
 - 303-860-0122
- **Colorado State Employee Assistance Program**
 - Mental health counseling, leader consultation, critical incident response
 - 303-866-4314

Peer Support

- **Faculty Well-being Committee Peer Support and Coaching Network**
 - Support after adverse clinical events
 - jennifer.reese@childrenscolorado.org
- **REST: team/unit debriefings after difficult cases**
 - 720-777-REST(7378)
 - restrequest@childrenscolorado.org
- **Moral distress rounds:** team support navigating nonurgent ethical challenges in pediatric cases
 - 720-777-3999 or ethics@childrenscolorado.org

 Email with questions: jennifer.reese@childrenscolorado.org