Colorado Mental Health Resource Toolkit
The WELL BEINGS campaign addresses the critical health needs in America through broadcast content, original digital content, and impactful local events. The campaign begins with the YOUTH MENTAL HEALTH PROJECT, engaging youth voices to create a national conversation, raise awareness, address stigma and discrimination, and encourage compassion. The multi-year campaign, created by WETA Washington, D.C., brings together partners from across the country, including people with lived experience of health challenges, families, caregivers, teachers, medical and mental health professionals, social service agencies, private foundations, filmmakers, corporations and media sponsors, to create awareness and resources for better health for all. To learn more, visit WellBeings.org or follow @WellBeingsOrg on Instagram, Facebook, or Twitter, and join the conversation with #WellBeings.

Mental Health challenges come in many forms, from all walks of life. WELL BEINGS has put together this guide as a reference to the resources that exist nationally and right in your backyard that are available to help you or someone you care about who might be facing a Mental Health challenge.

If you are in crisis, or experiencing thoughts of suicide, please text the Crisis Text Line (text HELLO to 741741) or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). Both services are free and available, 24 hours a day, seven days a week.
There is help close to home. Below we highlight community organizations that specialize in the mental health needs of Colorado residents. Although this guide isn’t a complete list of all resources in the area, it can serve as a reference if you’re looking for crisis providers and support organizations for youth, teens, and adults in Colorado.

**ACTION ON YOUTH MENTAL HEALTH COLORADO**
actiononyouthmentalhealth.org
Advocacy@ChildrensColorado.org
A coalition committed to working with partners across the state on public policy solutions that address crucial challenges facing children.

**CHILDREN’S HOSPITAL COLORADO**
childrenscolorado.org/community/community-health/mental-health/mental-health-toolkit/
800-624-6553
A toolkit created to raise awareness of child and adolescent mental health issues through a project that supports social change.

**COLORADO CRISIS SERVICES**
coloradocrisisservices.org
844-493-8255 or Text “TALK” to 38255
This statewide behavioral health crisis response system offers residents mental health, substance use or emotional crisis help, information and referrals. Providing free, confidential support via phone, text or walk-in, 24/7/365, regardless of ability to pay.

**COLORADO DEPT OF HUMAN SERVICES - DIVISION OF YOUTH SERVICES**
colorado.gov/cdhs/dys
303-866-7345
DYS operates 12 secure youth centers, serving ages 10-21, for those pre-adjudicated or committed by the District Court to CHS. In addition to residential programming, DYS administers juvenile parole services throughout Colorado.

**COLORADO MENTAL WELLNESS NETWORK**
cmwn.org
info@cmwn.org | 720.842.9222
Providing opportunities for individuals to improve the quality of their lives, give back to their communities, and change public perceptions of mental illness. Providing whole-person wellness education to people who are building a lifestyle of recovery, as well as advocating for person-centered care in traditional healthcare settings.

**COMMUNITY REACH CENTER**
communityreachcenter.org
303-853-3500
Helping to address mental health concerns — including depression and anxiety, grief and loss, substance use disorder, bipolar disorder, schizophrenia or upset related to a traumatic event.

**CULTURES OF DIGNITY**
culturesofdignity.com
Working to shift the way we think about young people’s physical and emotional wellbeing through workshops, training, and guidance on empowering young people to understand their emotions and build essential social skills. Co-founded by author and educator, Rosalind Wiseman.

**DENVER HEALTH - BEHAVIORAL HEALTH**
denverhealth.org/services/behavioral-health
303-602-4851
Treating a wide variety of child, adolescent, and adult behavioral, emotional and substance abuse disorders. Patients connect with an experienced team and develop treatment plans that address a patient’s unique needs. The goal is to improve self-care, social and emotional functioning.

**LET’S TALK COLORADO**
letstalkco.org
LetsTalkCO@tchd.org
Providing resources on how to talk about mental health in a supportive and inclusive way. All Coloradans benefit when we learn to discuss our mental health, and those of us who need treatment are more likely to seek it when we all agree that mental health is everyone’s responsibility.

**MENTAL HEALTH CENTER OF DENVER**
mhcd.org
303-504-7700
A place for recovery, resilience and well-being, known locally and nationally as a model for innovative and effective community behavioral health care.
MENTAL HEALTH COLORADO  
mentalhealthcolorado.org  
info@mentalhealthcolorado.org  
720-208-2220  
Advocating for every Coloradan who experiences a mental health or substance use condition by engaging policymakers, providers, the public and the press.

MENTAL HEALTH FIRST AID COLORADO  
mhfaco.org  
720-573-3585  
Promotes and supports mental health education and wellness for Coloradans. Its new teen-focused program empowers young people to support each other in times of need or crisis.

NAMI COLORADO  
namicolorado.org  
info@namicolorado.org  
303-321-3104  
NAMI Colorado is the state organization for the National Alliance on Mental Illness, the nation’s largest grassroots mental health organization. Dedicated to raising awareness by providing support and education as pathways to holistic wellness for those living with mental health challenges and their loved ones who invest their lives as caregivers.

PARTNERS FOR CHILDREN’S MENTAL HEALTH  
pcmh.org  
844-493-8255  
Created to help children and families throughout Colorado who are struggling to get the mental health care they need. Bringing communities together to improve mental health outcomes for children and families.

YOUTH ON RECORD  
youthonrecord.org  
303-993-5226  
YOR’s education, music and community programs are designed to help young people become more free, more rooted in their personal power, and better able to thrive in spite of systems and circumstances that dis-empower and marginalize them. YOR designs and implements music-centered programs intended to equip young people from historically under-resourced communities with skills needed to find success in life.
Help is available for you, your family, friends, neighbors and colleagues, all those in your life that might need support at this time. Find access to national mental health resources, organizations, tools and support groups using the links provided here. This guide is designed as a place to start or continue the journey of navigating mental health resources for you or someone you care about.

**ACTIVE MINDS**
https://www.activeminds.org
Active Minds is a nonprofit organization dedicated to raising mental health awareness among students via peer to peer dialogue and interaction. Programs include Send Silence Packing®, Active Minds Speakers, the Healthy Campus Award, and Active Minds @Work

**AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY**
www.aacap.org
The mission of AACAP is to promote the healthy development of children, adolescents, and families through advocacy, education, and research, and to meet the professional needs of child and adolescent psychiatrists throughout their careers. The website includes tool kits, resource libraries, educational materials and discussions for families and clinicians.

**AMERICAN PSYCHIATRIC ASSOCIATION FOUNDATION**
Notice. Talk. Act. at Home: Coping Skills for Parents and Caregivers
Designed to help parents and caregivers trying to navigate heightened levels of stress, this resource will help families better understand common signs of stress, offer ways to manage it, and examples of effective stress relief activities for the whole family.

**What do Disruptive Behaviors Indicate?**
This resource provides community members with an overview of how schools approach disruptive behaviors, the harmful impacts of zero tolerance policies, and a potential solution for how schools can view disruptive behaviors as a need for support, not discipline.

**Diversity & Health Equity Education**
View educational resources, including fact sheets, guides and online learning modules, that address the mental health needs of culturally diverse populations.

**Working Remotely During COVID-19**
workplacementalhealth@psych.org
202-559-3900
We are navigating unchartered waters with COVID-19, making it important to find new ways to work and interact while also taking care of our mental health and well-being. This resource provides practical tips on taking care of our mental health and well-being.

**ASHA INTERNATIONAL**
https://myasha.org
gayathri@myasha.org
971-340-7190
ASHA International is a nonprofit organization dedicated to normalizing conversations about mental health and inspiring hope & wellbeing, one story at a time. Programs include Let’s Talk About Mental Health & My Story MY SUPERPOWER Movement.

**BLACK EMOTIONAL AND MENTAL HEALTH (BEAM)**
https://www.beam.community/
The Black Emotional and Mental Health Collective (BEAM) is made up of therapists, yoga teachers, lawyers, and activists with a mission to break down the barriers to Black healing.

**BLACK MENTAL HEALTH ALLIANCE (BMHA)**
https://blackmentalhealth.com/
A nonprofit providing training, consultation, support groups, resource referral, public information, and educational resources regarding mental health and mental illness issues.

**Five Myths and Facts About Depression**
Depression and anxiety are major concerns when it comes to youth and young adults. This infographic calls out 5 common myths about depression and sets the record straight with facts. It also shares common warning signs of depression and advises employers on how they can effectively address depression in the workplace.
CALL TO MIND
calltomindnow.org
@calltomindnow
Call to Mind is American Public Media’s (APM) initiative to foster new conversations about mental health. Call to Mind believes that mental well-being is for everyone and that it’s time to end the misconceptions and discrimination associated with mental health conditions.

DEPRESSION & BIPOLAR SUPPORT ALLIANCE
https://www.dbsalliance.org/brochures/
DBSA offers a variety of free educational materials that can be downloaded or sent directly to your home. The website includes materials detailing strategies and information applicable for both loved ones & caregivers as well as those with depression or bipolar.

CREDIBLEMIND & WELL BEING TRUST
https://wellbeingtrust.org/mental-health-resources/
Well Being Trust is a national foundation dedicated to advancing a vision of a nation where everyone is well—in mental, social and spiritual health. The website includes a widget built by CredibleMind that makes it easy to search and access by topic and type of material, curated mental health resources.

HERSH FOUNDATION
This resource includes Common Sense strategies for adult & college age mental health from Julie K. Hersh. Julie Hersh is President of the Hersh Foundation, an organization committed to education and leadership programs in research and prevention of mental illness.

HOPE SQUAD
hopesquad.com #hopesquads
support@hopesquad.com
801-342-3447
A peer-to-peer suicide prevention program for grades 4 -12. Members are trained to promote mental wellness, recognize signs of crisis, and refer at-risk peers to trusted adults.

HUMANEST CARE
www.humanestcare.com
Humanest Care is an online mental health community that connects people to help each other on their journey. Members of the Humanest community have access to groups, workshops, 1:1 sessions, and self-help tools. Humanest Care provides a complete support system to make life easier. Come with a problem. Leave with a personalized action plan.

THE JED FOUNDATION
JED’s POV on Student Mental Health and Well-Being in Fall Campus Reopening
Considerations for college and university campuses as they continue to prepare and work through supporting the mental health and well-being of their communities during the fall reopening.

Love is Louder Action Center
and COVID-19 Resource Guide
JED’s Love is Louder Action Center and COVID-19 Resource Guide provide resources and tips for protecting mental health and supporting each other during the COVID-19 pandemic.
**NATIONAL RESOURCES**

**Set to Go**
Set to Go provides students, families, and educators resources on how to get emotionally prepared for the transition from high school to college or adulthood.

**Press Pause**
JED and MTV’s Press Pause includes animated PSAs and an online hub with simple mindfulness techniques – like breathing exercises, meditation, perspective checks, music and movement – to deal with common stresses and challenges that can make young adults feel overwhelmed or hopeless.

**Ulifeline**
Ulifeline is an online resource for college students. Schools can sign up and post campus-specific information on how to access treatment and crisis services.

**Equity in Mental Health Framework**
The Equity in Mental Health Framework provides academic institutions with a set of recommendations to help strengthen their activities and programs to address the mental health disparities facing students of color in higher education.

And you can find JED Voices and JED Storytellers videos, along with other JED videos, on our YouTube Channel: https://www.youtube.com/c/jedfoundation/playlists

**JUVENILE BIPOLAR RESEARCH FOUNDATION**
https://www.jbrf.org/families/
Supporting children and families suffering from bipolar or Fear of Harm disorder through research, education, and outreach. Includes general information, educational concerns and diagnostic tools, research news, virtual support groups, parent training and treatment options.

**KAISER PERMANENTE THRIVING SCHOOLS**
https://thrivingschools.kaiserpermanente.org
Thriving Schools is an all-in engagement to improve health for students, staff, and teachers. On this site, you’ll find the tools and ideas to help you create healthier school environments, build habits for healthy eating and active lifestyles, and support social and emotional well-being.

**THE LOVELAND FOUNDATION**
https://thelovelandfoundation.org/loveland-therapy-fund/
The Loveland Foundation provides financial assistance to Black women and girls seeking mental health services nationwide via its Therapy Fund.

**MENTAL WELLNESS COLLECTIVE**
https://www.mentalwellnesscollective.com/
An online community focused on helping women of color prioritize their mental health and normalize help seeking. Their goal is to build a safe place for women to express themselves, break the stigma around mental health, raise awareness to issues that are important to the Black community, and provide access to providers.

**MENTAL HEALTH FIRST AID**
https://www.mentalhealthfirstaid.org
Mental Health First Aid is a course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. Mental Health First Aid is provided by the National Council for Behavioral Health.

**MOVEMBER CONVERSATIONS**
conversations.movember.com
#Movember
A free interactive online tool, Movember Conversations offers practical guidance on how to start a difficult conversation with someone who might be struggling. Movember Conversations uses simulations to explore different scenarios and demonstrates the changing ways your response can lead to deeper conversations. You can’t fix someone else’s problems, but a listening ear can make all the difference.
NATIONAL RESOURCES

NAMI - THE NATIONAL ALLIANCE ON MENTAL ILLNESS
www.nami.org #NotAlone
Call the NAMI Helpline at 800-950-6264 M-F, 10 am-6pm, ET
Or in a crisis text “NAMI” to 741741 for 24/7, confidential free counseling
The National Alliance on Mental Illness (NAMI) is the nation’s largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. Join the conversation at nami.org | facebook.com/nami
instagram.com/namicommunicate twitter.com/namicommunicate

NAMI Basics OnDemand
NAMI Basics is a 6-session education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants, 99% of whom say they would recommend the program to others. NAMI Basics is available both in person and online through NAMI Basics OnDemand.

The OnDemand program is also guided by parents and family members with lived experience but is self-paced and available 24/7. OnDemand offers the flexibility of participating in the course on your schedule. Both formats provide identical information, strategies and the opportunity to connect with other parents and caregivers.

NAMI Frontline Wellness
NAMI has developed a suite of no-cost digital resources for frontline professionals, which are available now at www.NAMI.org/FrontlineWellness. These custom-made resources were developed based on the findings from a comprehensive needs assessment and include: techniques to build resilience, access to confidential and professional services, peer support groups, support for family members, how to identify signs of a potential mental health emergency and suicide prevention information. #FirstRespondersFirst

ONE MIND PSYBERGUIDE
https://onemindpsyberguide.org/info@psyberguide.org @PsyberGuide
One Mind PsyberGuide is a non-profit project providing guidance to people interested in using technology to live mentally healthier lives. There are thousands of publicly available mental health apps, but few have been vetted in any way. We provide expert reviews of apps, free of preference, bias, or endorsement, to help people make informed decisions.

OTSUKA PATIENT SUPPORT
OtsukaPatientSupport.com 1-855-242-7787 (M-F, 8am-8pm ET)
“In the midst of a global crisis, our purpose at Otsuka becomes more meaningful. To help our patients defy the limitations that COVID-19 has forced on our world, we are pleased to announce cost-free Otsuka medication to patients in the US experiencing hardships.”

- Kabir Nath, President and CEO, Otsuka North America Pharmaceutical Business

If you lost your job or insurance status due to the COVID-19 crisis, your prescribed Otsuka medication in the US can be provided at no cost. Please visit otsukapatientsupport.com or call 1-855-242-7787 (M-F, 8am-8pm EDT) for more information.

SMI ADVISER
Individuals and Families page: https://smiadviser.org/individuals-families
SMI Adviser is a technical resource center to raise awareness and promote the use of evidence-based practices in the treatment of serious mental illness. When you go to the website, you have the option of accessing resources by clicking the “Clinician” button or the “Individuals & Families” button.

SUTTER HEALTH
https://www.sutterhealth.org/about/mental-health
24-Hour Crisis Support Call (800) 273-TALK(8255)
Text Crisis Line Text MHA to 741741 for support.
Sutter Health strives to be an industry innovator by integrating physical and mental health to care for each person’s total health and wellbeing. Sutter care centers have experienced therapists, psychologists and psychiatrists who can assess and treat a wide range of behavioral health issues, including the most complex disorders.
THE STEVE FUND
www.stevefund.org
info@stevefund.org
401-249-0044
The Steve Fund works with colleges and universities, non-profits, researchers, mental health experts, families, and young people to promote programs & strategies that build understanding and assistance for the mental and emotional health of the nation’s young people of color. The Fund holds an annual conference series, Young, Gifted & @Risk, and offers a Knowledge Center with curated expert information along with on-campus and on-site programs and services for colleges and non-profits.

STRONG 365
strong365.org #URstrong
@strong365community (Facebook, Instagram) | @strong365 (Twitter)
Enter code “strong” to connect with trained listeners for free, 24/7:
7cups.com/p/strong365?wla=strong365
info@strong365.org
A project of the non-profit organization One Mind, Strong 365 aims to shorten the path to effective, life-saving help by connecting young people in the earliest stages of psychosis to both online and community-based support.

THERAPY FOR BLACK GIRLS
https://therapyforblackgirls.com/
An online space dedicated to destigmatizing mental health care and helping Black women find their ideal practitioner.

THERAPY FOR BLACK MEN
https://therapyforblackmen.org/
A dedicated space for men and boys of color to educate themselves on mental wellness, connect and control their own narrative on mental health matters.

THE TREVOR PROJECT
www.TrevorProject.org
If you or someone you know needs help or support, contact The Trevor Project’s TrevorLifeline 24/7 at 1-866-488-7386. Counseling is also available 24/7 via chat every day at TheTrevorProject.org/Help, or by texting 678-678.
The Trevor Project is the world’s largest suicide prevention and crisis intervention organization for LGBTQ young people.

THE YOUTH MENTAL HEALTH PROJECT
The Parent Support Network™
ymhproject.org/parent-support-network
#youthmentalhealthproject
parentsupportnetwork@ymhproject.org
773-501-9548
The Parent Support Network™, a program of The Youth Mental Health Project™, offers free and confidential support meetings run by and for parents who are concerned about the mental health of their children, teens, and young adults.

THIS IS MY BRAVE
https://thisismybrave.org
This Is My Brave enables high-school and college-aged students to use storytelling to combat stigma around mental health. This Is My Brave brings stories of mental illness and addiction out of the shadows and into the spotlight.

WORK2BEWELL
Work2BeWell.org
The #Work2BeWell digital wellness and empowerment program focuses on positively impacting the emotional well-being of teens and promoting mental health. Here you will find free curriculum, programs, and assets that can be used to help educate teens about mental health and wellness.
Support for the WELL BEINGS YOUTH MENTAL HEALTH PROJECT provided by Otsuka, Kaiser Permanente, Bank of America, American Psychiatric Association Foundation, One Mind, Movember, National Alliance on Mental Illness, Dana Foundation, Dauten Family Foundation, The Hersh Foundation, Mental Health Services Oversight & Accountability Commission, John & Frances Von Schlegell, Sutter Health, Robina Riccitiello, and Jackson Family Enterprises.

Partners include CALL TO MIND at American Public Media, PBS NewsHour Student Reporting Labs, WE Organization, Forbes, PEOPLE, Mental Health America, National Council for Behavioral Health, The Steve Fund, and The Jed Foundation.