



## **Community Resources for Mental Wellness**

*We want to help!* Addressing both your medical needs and mental wellness can lead to a happier, healthier life. Listed below are resources that may help you with your mental health and wellness.

**Please call 911 if you are experiencing a life-threatening emergency.**

### **MENTAL HEALTH HELP LINES**

#### **CENTER FOR MENTAL HEALTH CRISIS LINE: 970.252.6220**

##### **Montrose, Delta, Ouray, San Miguel, Gunnison, Hinsdale Counties**

The Center has a dedicated emergency services team available to respond to all emergency calls in the Western Slope. Services include: crisis intervention, suicide assessment, homicide risk assessment, and dialogue to discuss goals & action plans – **24/7, FREE**

#### **COLORADO CRISIS SERVICES: 844.493.2555, Colorado**

Start by calling here - if you don't know where to begin getting help with a mental health, substance use or emotional concern for yourself or someone you know. Colorado Crisis Services provides confidential and immediate support – **24/7, FREE**

#### **TEXT "TALK" TO COLORADO CRISIS SERVICES AT 38255**

Colorado Crisis Services will put you in immediate contact with a trained counselor ready to text with you about anything – **24/7, FREE**

#### **TEXT "HOME" TO 741741**

The Crisis Text Line, will connect you with a Crisis Counselor—a real-life human being trained to bring texters from a hot moment to a cool calm moment through active listening and collaborative problem solving. . (If you text this line, the first 2 responses are automated. Stick with it—you will get a real human after that.) – **24/7, FREE**

#### **NATIONAL SUICIDE PREVENTION LIFELINE: 800.273.8255, Nationwide**

Call to receive confidential support and resources for you or your loved ones -**24/7, FREE**

#### **SAFE2TELL: 877.542.7233, Colorado**

Safe2Tell provides students, parents and community members with the only anonymous way to report unsafe and risky behaviors in youth from anywhere – **24/7, FREE**

#### **THE TREVOR PROJECT: 1.866.488.7386, Nationwide**

Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer, questioning, and any other (LGBTQ+) young people ages 13-24 – **24/7, FREE**

#### **NATIONAL VETERANS CRISIS LINE: 800.273.8255, Press 1**

Veterans Crisis Line offers caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves. Confidential. Services all veterans, service members, National Guard and Reserve, their family members, and friends – **24/7, FREE**

#### **NATIONAL EATING DISORDER HELPLINE: 800.931.2237**

Contact the Helpline for support, resources and treatment options for yourself or a loved one. Helpline volunteers are trained to help you find the information and support you are looking for – **Available Monday-Thursday: 7AM to 7PM, Friday: 7AM to 3PM MST, FREE**

Tri-County Health Network's On-line Behavioral Health Resource Guide: <https://tchnetworkdirectory.org/>