

CONTEMPORARY LEARNING ACADEMY

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Resources for Mental Health During Remote Learning **April 6, 2020**

Suicide and Depression Hotlines and Websites

***The following are available 24 hours a day 7 days a week

- **National Suicide Prevention Lifeline 24-hour English and Spanish**
 - 1-800-273-8255
 - www.suicidepreventionlifeline.org
- **Colorado Crisis Services**
 - 1-844-493-8255
 - www.coloradocrisiservices.org
- **Safe2Tell**
 - 1-877-542-7233
 - www.safe2tell.org
- **Crisis Text Line**
 - Text "HOME" to 74174
- **Trevor Project for LGBTQ youth that are suicidal**
 - 1-866-488-7386
 - Text "START" to 678678
 - www.thetrevorproject.org

Mental Health Partners in the Schools

Our community-based mental health partners currently working in schools are continuing to provide services remotely to students. School staff can reach out to their assigned therapist for more information on service options.

Those schools who do not have a current partnership can reach out to Denver Health School-Based Health Centers at 720-424-2050 or can contact one of the other agencies listed below (in the Mental Health Agencies section).

School Based Health Clinics

All School-Based Denver Health clinics are closed for in-person appointments starting Monday, March 23rd. Beginning the week of March 30th, Denver Health School-Based medical providers will be available by phone to answer any medical questions students/families might have; they can assist with non-urgent medical questions, medical refills and help connect students to other Denver Health resources including mental health services.. Students/families needing care should call the Denver Health School-Based Health Center Line at 720-424-2050 to access care.

Mental Health Agencies (Therapy/Counseling/)

- **Mental Health Center of Denver**
 - 303-504-6500
 - www.mhcd.org
 - Services have moved to remote teletherapy
 - 24-hour Walk-In Center, pharmacy fulfillment, primary care, co-responders, food box programs, and residential facilities continue to operate in the community