

# RESOURCES: If you are concerned about a student

- Student/Resident Mental Health
  - (303) 724-4716 or [smhservice@ucdenver.edu](mailto:smhservice@ucdenver.edu) to schedule Intake
  - Walk in hours 8-4pm Mon-Fri for urgent matters, you may also email [Amanda.Doria@cuanschutz.edu](mailto:Amanda.Doria@cuanschutz.edu) or [Rachel.davis@cuanschutz.edu](mailto:Rachel.davis@cuanschutz.edu)
- Office of Case Management (could lead to a CARE team referral)
  - [https://cm.maxient.com/reportingform.php?UnivofColoradoDenver&layout\\_id=26](https://cm.maxient.com/reportingform.php?UnivofColoradoDenver&layout_id=26)
  - (303) 724-8488 or [kelly.tyman@cuanschutz.edu](mailto: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@cuanschultz.edu](mailto:dora.safoh@cuanschultz.edu) for more information on trainings on campus
- QPR trainings (Question Persuade Response)
  - Depression Center – alexandra.Yannacone@cuanschultz.edu
  - <https://qprinstitute.com/>