

# Mental Health Resources



## National

### NATIONAL SUICIDE PREVENTION LIFELINE

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1-800-273-TALK (8255)  
1-888-628-9454 (Spanish)

### CRISIS TEXT LINE

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Text "MHFA" to 741741 -  
trained crisis counselor to  
address the caller's  
situation.

### VETERAN CRISIS LINE

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1-800-273-8255  
Press 1

## Colorado

### COLORADO CRISIS SERVICES

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Call: 1-844-493-TALK (8255)  
Text TALK to 38255

### COLORADO WELLNESS RECOVERY

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[www.cowellnessrecovery.org](http://www.cowellnessrecovery.org)

### COLORADO QUIT LINE

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1-800-QUIT-NOW

## CU Denver Campus

### CU DENVER COUNSELING (FOR STUDENTS)

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303-315-7270  
303-615-9911 (after hours  
support)

### YOU @ CU DENVER

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[you.ucdenver.edu](http://you.ucdenver.edu)

### C-SEAP (FOR FACULTY/STAFF)

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303-866-4314

### REAL HELP HOTLINE (FOR FACULTY/STAFF)

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(833) 533-CHAT (2428)