



# MTECH MOUNTAIN TEAM MENTAL HEALTH RESOURCES

**Visit MTEch's Mental Health Site for More Resources:**

[www.mtechg.com/MentalHealth](http://www.mtechg.com/MentalHealth)

*If you believe you are experiencing a medical emergency please call 911 or seek immediate care from the nearest hospital emergency room.*

## CRISIS LINES, TALK AND TEXT - 24/7

### **988 Colorado:**

*The 988 Colorado Mental Health Line is available for free, immediate, human support 24/7. If you or someone you know is struggling with an emotional, mental health, or substance use concern, call, text, or live chat with 988 today. We're here to listen. Starting July 1, 2025 all calls and texts to Colorado Crisis Services will be connected to the 988 Colorado Mental Health Line.*



[ Call or Text 988 | Live Chat [www.988colorado.com](http://www.988colorado.com) ]

### **Safe2Tell:**

*This is an online app for students, parents, teachers, staff and community members to report concerns around students.*

[ Report anonymously at 877-542-7233 | [safe2tell.org](http://safe2tell.org) | Safe2Tell app (apple & android) ]

## SUPPORT GROUPS

### **Heartbeat (Suicide Support):**

*Support for those who have lost a loved one to suicide. They meet on the third Tuesday of each month at 7:00 pm at Four Winds Coffee, 1235 Bookcliff Ave. Grand Junction*

### **HopeWest (Grief Counseling):**

*Grief counseling available to those who have lost someone to suicide. Camp Good Grief offers supports to children/teens who have lost someone to suicide.*

[ 970-241-2212 ]

### **Grand Junction Veterans Center:**

*Supportive assistance for all veterans and their families.*

[ 970-245-4153 | 2472 Patterson Road Unit 16, Grand Junction, CO 81505 ]

## MENTAL HEALTH SUPPORTS

### **Lifespan Psychiatry of Colorado:**

*Provides medication management, counseling, case management and outpatient restoration education. Office Locations in Grand Junction, Delta, Montrose, Cortez & Towaoc, Colorado.*

[ [www.lifespancolorado.com](http://www.lifespancolorado.com) | Call 970-579-0003 ]

### **Health Solutions West - Your Path to Mental Wellness:**

[ [www.healthsolutionswest.org](http://www.healthsolutionswest.org) | 877-603-7045  
515 28 ¾ Road, Grand Junction, CO 81501 ]

### **Counseling and Education Center:**

[ [www.cecwecare.org](http://www.cecwecare.org) | 970-243-9539 (sliding scale fee)  
2708 Patterson Road, Grand Junction, CO 81506 ]

## COMPREHENSIVE RESOURCES

### **Western Colorado 211:**

*Whether you're seeking food or housing assistance, child care, or therapeutic services, one call is all it takes to start finding help.*

*(Serves Archuleta, Delta, Dolores, Eagle, Garfield, Gunnison, Hinsdale, Lake, La Plata, Mesa, Montezuma, Montrose, Ouray, Pitkin, San Juan, and San Miguel counties.)*

[ Dial 211 from any phone | [www.wc211.org](http://www.wc211.org) ]

## SUBSTANCE ABUSE COUNSELING

**Amos Counseling:** 970-778-4360 | [www.amoscounseling.com](http://www.amoscounseling.com)

**Peer 180:** 970-644-5020 | [www.peer-180.com](http://www.peer-180.com)

### **DON'T FORGET ABOUT OUR EMPLOYEE ASSISTANCE PROGRAM (EAP)!**

12 FREE IN-PERSON OR VIRTUAL VISITS PER ISSUE  
*Examples: Depression, Marital Concerns, Grief, etc.*

[ 1-800-873-7138 | [www.minesandassociates.com](http://www.minesandassociates.com)  
CODE: mtech ]

