



MOUNTAIN TEAM MENTAL HEALTH RESOURCES

Visit MTEch's Mental Health Site for More Resources:

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.

[Call or Text 988 | Live Chat 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 | 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]

Speak Up ReachOut - Peer Support Virtual or In-Person (Edwards/Eagle)

Peer support will introduce you to resources for support, hope, wellness, and recovery. Connection has the power to save lives. We both host and collaborate with other amazing organizations to provide a variety of FREE peer support groups.

[<https://www.speakupreachout.org/peer-groups>]

MENTAL HEALTH SUPPORTS

Mountain Strong, a resource of Vail Health & Eagle Valley Behavioral Health

A program and online platform that supports the behavioral health needs of those who currently work or live in Eagle County or Summit County.

[Support@MountainStrong.org | 970.422.3037]

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 | Call 970-579-0003]

Health Solutions West - Your Path to Mental Wellness - Grand Junction:

[www.healthsolutionswest.org | 877-603-7045]

Counseling and Education Center - Grand Junction:

[www.cecwecare.org | 970-243-9539 (sliding scale fee)]

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]

SUBSTANCE ABUSE COUNSELING

Ava Health: 970-239-8740 | helloavahealth.com

Peer 180: 970-644-5020 | 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, Financial, Childcare, Grief, etc.

[1-800-873-7138 | www.minesandassociates.com]
CODE: mtech

