

Resources for Mental Health

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.coloradocrisisservices.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 Agencies (Therapy/Counseling)

- **Mental Health Center of Denver**
 - 303-504-6500
 - www.mhcd.org
- **Second Wind Fund**
 - 303-988-2645
 - www.thesecondwindfund.org
- **El Centro de las Familias (A division of Mental Health Center of Denver)**
 - 303-504-1900
 - <http://mhcd.org/what-we-do/el-centro-de-las-familias>
- **Denver Indian Health and Family Services**
 - 303-953-6600
 - www.difrc.org
- **Maria Droste Counseling Center**
 - 303-756-9052
 - www.mdscounseling.org
- **Catholic Charities**
 - 303-742-0828
 - www.ccdenver.org
- **Servicios de la Raza**
 - 303-458-5851
 - www.serviciosdelaraza.org

- **Lutheran Family Services Rocky Mountains**
 - 303-922-3433
 - www.lfsm.org
- **Jewish Family Service**
 - 3030-597-5000
 - www.jewishfamilyservice.org/service/denver-mental-health-service
 - Mental health, Russian mental health and refugee mental health
- **Denver Family Institute**
 - 303-756-3340
 - www.denverfamilyinstitute.org
- **Asian Pacific Development Center**
 - 303-923-2920
 - www.apdc.org

Resources for Staff

- **Employee Assistance Program**
 - 855-327-1377
 - TDD:800-697-0353
 - www.guidanceresources.com
 - App: GuidanceResources Now
 - Web ID: DPS

This toll-free number gives you direct, 24/7 access to a GuidanceConsultant, who will answer your questions and, if needed, refer you to a counselor or other resources.