Health & Wellness Resource Guide

Wellness & Recreation Services

UNIVERSITY OF COLORADO **DENVER**

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WELLNESS WHEEL

7 DIMENSIONS OF WELLNESS // BALANCE WITH HOLISTIC WELLNESS

Emotional
Coping effectively with feelings & thoughts to build resiliency.

Spiritual
Possessing a set of values & beliefs that help give direction to one's life.

Physical
Prioritizing nutrition, physical activity, sleep and health related behaviors to create a resilient body.

Social
Developing a sense of connection and belonging through relationships with friends, family & community.

Environmental
Occupying, preserving & sustaining pleasant & stimulating natural & built environments.

Financial
Living within your means, successfully planning for current & future financial needs.

Creative
Experiencing satisfaction & enrichment from self-expression in work, play & life activities.

24-HOUR CRISIS SERVICES

Numbers to Call

All Emergencies	911	
Auraria Health Center Crisis Support & Victim Assistance	303.615.9911 or text “TALK” to 38255	Page 4
Auraria Campus Police	303.556.5000	Page 4
Colorado Crisis Services (Mental Health)	1.844.493.8255	Page 14
Crisis Text Line	Text “SUPPORT” to 741741	Page 15
National Domestic Violence Hotline	1.800.779.7233	Page 16
National Problem Gambling Hotline	1.800.522.4700	Page 17
National Suicide Prevention Lifeline	1.800.273.8255	Page 17
National Runaway Safeline	1.800.786.2929	Page 17
Rape, Abuse & Incest National Network	1.800.656.4673	
The Blue Bench (Sexual Assault Support)	303.322.7273	Page 18
The Trevor Project (LGBTQIA+ Support)	1.866.488.7386	Page 18
Veterans Crisis Line	1.800.273.8255	Page 18

TIVOLI
Tivoli
STUDENT UNION

CAMPUS MAP

1 Tivoli Student Union
Case Management
Dean of Students
LGBTQ Student Resource Center
Phoenix Center at Auraria
Student & Community Counseling

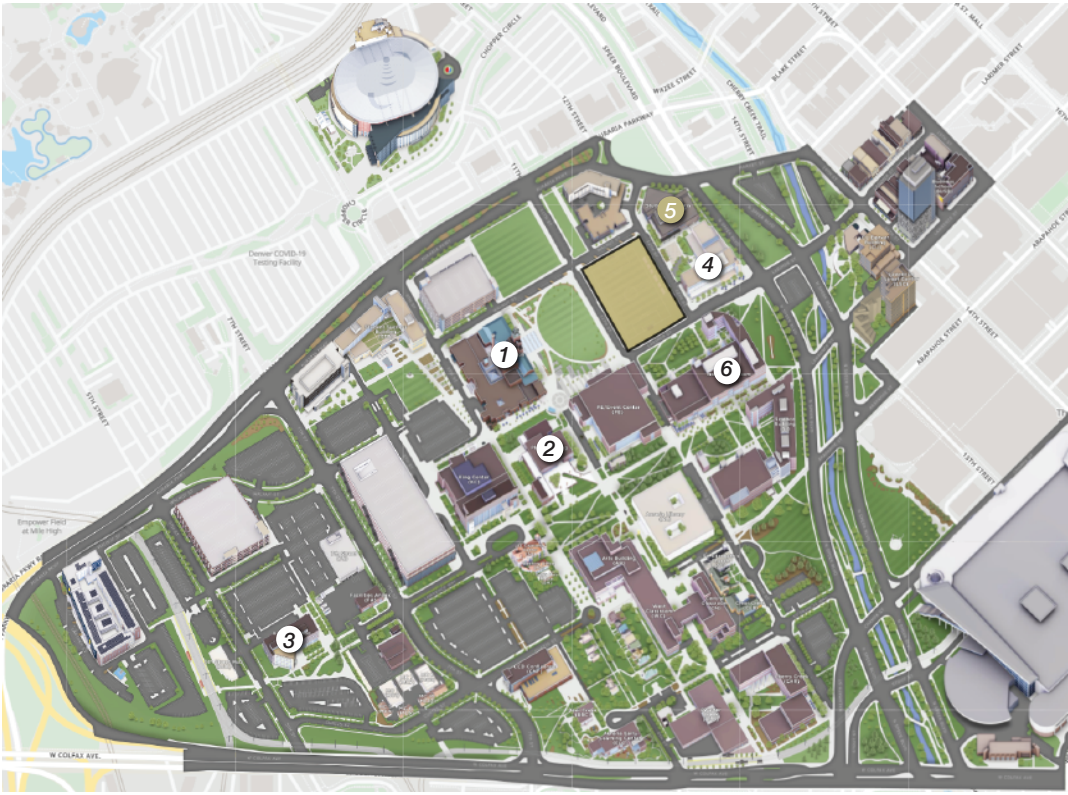
2 Plaza Building
Health Center at Auraria

3 Administration Building
Auraria Campus Police

4 Student Commons
Disability Resources & Services

5 Salazar Student Wellness Center
CU Denver Food Pantry
Fitness & Wellness Programming

6 North Classroom
Psychology Clinic



ON-CAMPUS RESOURCES

The University of Colorado Denver has a variety of services and resources geared towards improving student life.

In this guide, you will find resources related to your health and well-being. Each resource is available to undergraduate, graduate, and affiliate students.

Academic Vital Signs

Designed to connect students to academic and personal resources, as early as possible, to enhance the likelihood of academic success. Any Auraria student can simply stop by the Health Center at Auraria without an appointment and request to meet with one of the Academic Referral Coordinators, who will make connections with the most appropriate institutional resources based on the student's needs. Students do not need to be a patient at the Health Center at Auraria to access this service.

Plaza Building, Suite 150 | 303.615.9999 | healthcenter1.com/academic-vital-signs

Auraria Campus Police

The Auraria Campus Police Department is committed to enhancing the quality of life on the Auraria Campus and for the institutions it serves, including the University of Colorado Denver.
The Auraria Campus Police Department (ACPD) and the Office of Emergency Management offer a variety of training opportunities for free to current Auraria Campus students, faculty, and staff.

Administration Building, Suite 110 | 303.556.5000 | ahec.edu/services-departments/police

Auraria NightRider Service

If you're on campus after the sun goes down, a safe ride to your car is available. NightRider is an evening shuttle service offering rides to and from Auraria Campus buildings and designated stops located throughout the campus.

Available Monday – Thursday, starting at dusk

On Request | 303.556.2001 | ahec.edu/services-departments/parking/shuttles-motorist-assistance

Auraria Health Center Crisis Support & Victim Assistance

If you have an urgent mental health or victim assistance need after hours, please call our hotline to be connected with a trained mental health professional. This 24/7 phone crisis support line offers assistance to victims of domestic abuse, sexual assault, sexual harassment and those with mental health needs.

303.615.9911 or text "TALK" to 38255

Case Management

The Office of Case Management fosters student growth, development, and success by assisting students dealing with areas related to mental health, emotional well-being, and safety by providing outreach, resources, referrals, advocacy, and follow up services.

Tivoli Student Union 309 | 303.315.7306 | ucdenver.edu/student/health-wellness/case-management

ON-CAMPUS RESOURCES

CARE Team

The CU Denver CARE Team was created to address the health and safety needs of students, as well as the campus community. By providing individual case management, resource referrals and advocacy, we aim to provide early intervention to support students experiencing difficulty. Contact us if you need support or would like to get support for a fellow student.

303.315.7306

ucdenver.edu/CARE

CU Denver Food Pantry

The CU Denver Food Pantry is a direct response for CU Denver students seeking additional resources to address food insecurity commonly experienced on college campuses. CU Denver students have access to free food and hygiene products at the CU Denver Food Pantry located on Level 3 of the Lola & Rob Salazar Student Wellness Center. Whether it just be to grab a snack for a day or to help out with a meal, just make sure to bring your student ID.

Salazar Student Wellness Center - Level 3

303.315.4010

ucdenver.edu/wellness/services/basic-needs/food-pantry

Dean of Students

The CU Denver Dean of Students office supports the CU Denver community by advocating for students, addressing concerns and promoting wellness and accountability. In partnership with students, faculty and staff, the Dean of Students office fosters an environment rich in student success, opportunities for personal growth and promotes a diverse and inclusive campus community.

Tivoli Student Union 309

303.315.7305

ucdenver.edu/student/health-wellness/dean-of-students

Disability Resources & Services

The Office of Disability Resources and Services envisions an educational environment that is inclusive and embodies the equality of opportunity. Accordingly, we are dedicated to the full participation of students with disabilities in the university environment. The Office of Disability Resources and Services coordinates educational access through:

- **Accommodations:** To determine eligibility for accommodations, we utilize an interactive process including a meeting/discussion, review of documentation and an analysis of the impact of the disability in a learning environment. Accommodations include but are not limited to: alternative testing (extra time on exams, take exams in reduced distraction environment) books in electronic format, note taking assistance, interpreters or captionists.
- **Assistive Technology:** screen reading software, text enlargement software, electronic note taking and transcription, captioning of video content, etc.

Student Commons Building, 2116

303.315.3510

ucdenver.edu/disability resources

Wellness Educational Trainings

If you're passionate about health and wellness and want to expand your knowledge, find training here that is right for you. Learn how to care for yourself and others. Build your resume with valuable certifications like Mental Health First Aid and CPR/AED.

Salazar Student Wellness Center

303.315.9355

ucdenver.edu/wellness/services/educational-trainings

Female Health Care

The Health Center at Auraria offers female health care that includes birth control information and supplies, pregnancy tests, gynecology exams, colposcopy/cryotherapy, and ultrasounds.

Plaza Building, Suite 150

303.615.9999

healthcenter1.com/medical-services

Financial Wellness

The Financial Wellness program strives to provide resources, guidance, and activities to help students manage their money and build healthy financial habits. Learning how to maximize your financial wellness now will help you feel prepared to handle potentially stressful financial situations in the future.

Salazar Student Wellness Center - Level 3

303.315.9355

ucdenver.edu/wellness/services/basic-needs/financial-wellness

Group Fitness

The group fitness program provides over 30 classes per week of safe, effective, and engaging group fitness workouts. With a diverse schedule of cardio, strength, and mind/body formats to choose from in two group fitness studios, there is something for everyone to enjoy! All classes are free for members of the Salazar Student Wellness Center.

Salazar Student Wellness Center - Level 3

303.315.9355

ucdenver.edu/wellness/programs/fitness/group-fitness

GT45: Small Group Training

Total-body workouts led by a certified personal trainer focused on mobility, strength and endurance during 45-minute sessions. Sessions include group motivation and individualized attention. Each session is limited to 10 participants.

Salazar Student Wellness Center - Level 3

303.315.9355

ucdenver.edu/wellness/programs/fitness/personal-training

ON-CAMPUS RESOURCES

Health Center at Auraria

The Health Center at Auraria offers comprehensive medical and mental health services. The department is staffed by highly trained medical personnel dedicated to the well-being and success of students and campus colleagues. The Health Center at Auraria can treat the majority of your health concerns on-site in a welcoming environment that is professional, inclusive, supportive and affordable. Common services include (but not limited to):

- Acute Illness: cold, flu, strep throat, pink eye
- Chronic Illness: asthma, COPD, diabetes
- Preventative Healthcare: mole removal, skin evaluations, well care physicals

Plaza Building, Suite 150

303.615.9999

healthcenter1.com

Health Education and Outreach

Health and wellness is an active and dynamic process of learning and experimenting. The Health Center at Auraria outreach events and programming offer a chance to learn from wellness experts and peer health educators while having fun along the way. All events are at no cost and don't require registration.

Plaza Building, Suite 150

303.615.9999

healthcenter1.com/ outreach-programs

Health Promotions

Health Promotions offers peer-led programs around stress reduction, alcohol, and other drug prevention for CU Denver students. Our peer-educators are here to engage students through outreach and education. These topics aim to provide evidence-based information and teach skills to support students in making informed decisions around their well-being.

Salazar Student Wellness Center - Level 3

303.315.4010

ucdenver.edu/ wellness/programs/ health-promotions

HIV Testing

The Health Center at Auraria provides rapid HIV testing at no cost. The CDC recommends that everyone between the ages of 13 and 64 be tested for HIV at least once in their lifetime. For individuals with specific risk factors, testing is advised at least once a year. Rapid HIV testing means that you'll get your results back within the same appointment. Once the HIV test begins, it may take up to 1 hour for results, please plan accordingly. Although HIV tests are very accurate, sometimes a follow up test will need to be conducted. If a follow up test is required, the test results will take up to 5 business days.

Plaza Building, Suite 150

303.615.9999

healthcenter1.com /hiv-testing

Immunizations

The Auraria Immunizations office ensures that students are compliant with the state mandated Immunization Requirement. This office works closely with public health agencies to improve and sustain immunization coverage so that the campus community can be protected. The office coordinates immunization records processing and offers additional vaccination services, including a variety of Travel Immunizations.

Plaza Building, Suite 150

303.615.9997

healthcenter1.com /immunizations

Injury Treatment

The Health Center at Auraria offers physicals, injury assessment, and general well care addressing minor burns, cuts, sprains, strains, minor surgeries, suturing and biopsies. Coordinated care between Athletic Trainers and Health Center providers is utilized for care for musculoskeletal injuries.

Plaza Building, Suite 150

303.615.9999

healthcenter1.com/ medical-services

LGBTQ Student Resource Center

The LGBTQ Student Resource Center is a tri-institutional office serving students, faculty, and staff of all genders and sexualities on the Auraria Campus. We are a resource for those experiencing issues with sexuality, gender identity, and discrimination or harassment. Service offered include:

- **Community Building:** Our social space is available for anyone to study, meet fellow students, find community, and develop a sense of belonging on campus
- **Advocacy & Support:** We assist students with difficult situations like discrimination and harassment and help students navigate campus support services. We advise students on issues including coming out, sexual health, relationships, social justice and combating homo/transphobia.
- **Resources:** We provide information on campus and community resources related to sexual health, suicide and violence prevention, therapy, addiction recovery, and civil rights.
- **Education:** Our office hosts LGBTQ+ identity-based events, discussions and classroom training. We welcome you to browse our library of more than 2000 books and videos for additional information.

Tivoli Student Union, 213

303.615.0515

msudenver.edu/lgbtq/

Loving Lynx Fund

Loving Lynx is an emergency funding resource available to CU Denver students dealing with unanticipated events including accidents, medical or dental emergencies, natural disasters, or a need for temporary housing. Students are required to exhaust all other financial opportunities, including financial aid and student loans, before qualifying for Loving Lynx. If you are unsure if your situation constitutes an unanticipated event, we encourage you to email us.

LovingLynx@ucdenver.edu

ucdenver.edu/student/ health-wellness/loving-lynx

ON-CAMPUS RESOURCES

Lola & Rob Salazar Student Wellness Center

The Lola & Rob Salazar Student Wellness Center was imagined and made possible by CU Denver students. The facility opened in 2018, offering comprehensive wellness programs and services for the CU Denver community. As the first-of-its-kind building on campus, the Salazar Student Wellness Center is the place to exercise, study, relax and have fun.

1355 12th Street
Denver, CO 80204

303.315.9355

ucdenver.edu/wellness

Medical Services

Specializing in college health, the Health Center at Auraria offers comprehensive Medical Services. These include on-site lab testing, digital X-ray services and a medication dispensing outlet where patients seen at the Health Center can purchase their medications at the time of their visit. (Note: not all medications are available.)

Plaza Building, Suite 150

303.615.9997

healthcenter1.com/medical-services

Mental Health First Aid

Learn how to help others in crisis Just as CPR helps you assist someone having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. Mental Health First Aid teaches about recovery and resiliency – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well. You can take a one-day Mental Health First Aid certification training right here on campus.

lynxwellness@ucdenver.edu

303.315.7305

ucdenver.edu/wellness/services/educational-trainings/mental-health-first-aid

Mental Health Services

The Health Center at Auraria's Mental Health Services are provided by all medical providers, which includes both general medicine clinicians and specialists in psychiatry. Each of these providers is licensed to prescribe medications when clinically indicated. The mental health staff are well-versed in addressing the emotional, mental and behavioral health concerns of students and staff. Working collaboratively with various campus Counseling Centers, a variety of issues can be addressed confidentially.

Plaza Building,
Suite 150

303.615.9999

healthcenter1.com/mental-health-services

Nutrition Counseling

Registered Dieticians are available throughout the week to meet with individuals who are interested in having personalized nutrition counseling. This service provides for an initial intake appointment and follow-up visits as deemed appropriate.

Plaza Building, Suite 150

303.615.9999

healthcenter1.com/nutrition-counseling

Personal Training

Individualized training to help you reach your fitness and wellness goals. Work with a certified personal trainer, engaging in workouts that reflect your interests and goals. Get one-on-one support and a personalized exercise plan that enhances your wellness journey, whether you're training for performance or just starting out.

Salazar Student Wellness Center

303.315.9355

ucdenver.edu/wellness/programs/fitness/personal-training

Phoenix Center at Auraria

The Phoenix Center at Auraria (PCA) serves students, staff, and faculty associated with University of Colorado Denver, Community College of Denver, and Metropolitan State University Denver. The PCA provides free and confidential resources and assistance to survivors of interpersonal violence (relationship violence, sexual violence, and stalking), as well as their friends, families, and concerned others. The PCA support services include academic advocacy, assistance reporting to the school and/or law enforcement at the survivor's request, safety planning, court accompaniment, emotional support, and more. The PCA also provides campus education and training, awareness raising events, and campus policy guidance.

Tivoli Student Union 227

303.315.7250

thepca.org

Psychology Clinic

A training site for graduate students in the Clinical Health Psychology Ph.D. program at the University of Colorado Denver. The mission is to provide high-quality affordable care in a confidential and compassionate setting. Therapists in the clinic are doctoral students who are supervised by licensed psychologists. The training program is accredited by the American Psychological Association. Services include:

- Psychotherapy: Individual therapy for adults, children and adolescents
- Testing/Assessments: Intellectual/academic and personality assessments for adults and children, including those for learning disabilities
- Health Psychology Services: Specialized services for those with medical problems that affect functioning and quality of life.

North Classroom Building, Suite 4036

303.315.7080

clas.ucdenver.edu/psychologyclinic

Sexual Assault Services

Students who have been sexually assaulted can attain services, guidance and intervention by contacting the Health Center at Auraria or the Phoenix Center at Auraria. After meeting with either of these agencies, a student has the option for a forensic evidence-based examination which is provided at no charge. The Health Center has a formalized agreement with Denver Health that provides all students on the Auraria campus direct access to a Sexual Assault Nurse Examiner (SANE) who is trained to perform medical forensic examinations.

The Health Center at Auraria is available to coordinate and pay for transportation to Denver Health for the SANE exam, if this is requested. Options include using current ride services such as Uber and Lyft, taxi services and/or various public transportation alternatives. The exact mode of transportation is determined at the time of need, in consultation with the individual needing transportation. Students who access a SANE for a medical forensic examination are NOT required to participate with law enforcement investigations or any criminal justice response.

Plaza Building, Suite 150 | 303.615.9999 or 303.615.9911 | healthcenter1.com/sexual-assault-services

Student & Community Counseling Center

The Student and Community Counseling Center provides mental health counseling services to CU Denver Students as well as the Denver Metro community. Services at the Counseling Center emphasize enriching the quality of life for those seeking treatment. The Counseling Center uses a brief (10 sessions), goal directed, flexible counseling model. Each individual, couple or family is assured respect and confidentiality where their personal needs, philosophies and beliefs are honored.

The Student & Community Counseling Center offers FREE workshops for all CU Denver students. They cover a variety of topics including:

- **Stress Less:** understanding stress and tools to better manage
- **Managing Your Mood:** identifying emotions within yourself
- **Peace of Mind:** better manage fears of future and ruminating on the past
- **Relationships:** Create more fulfilling relationships, develop healthy communication skills, and how to manage conflicts

To sign up, call the Counseling Center or let your counselor know you would like to register.

Tivoli Student Union 454 | 303.315.7270 | ucdenver.edu/counseling-center

Telehealth Appointments

The Health Center at Auraria offers Telehealth appointments for Medical Services and Mental Health Services for AHEC, CCD, MSU Denver and CU Denver students, faculty and staff. These appointments may be done over the phone or with a webcam from the convenience of your home. They are a safe and secure way to speak with your provider.

Plaza Building, Suite 150 | 303.615.9999 | healthcenter1.com/telehealth

Tobacco Cessation

This free service provides an initial assessment by a health education professional (1 or more visits) and up to three (3) clinical office visits with a medical provider. For those choosing a medication option to assist with their tobacco cessation, a three month supply of the appropriate prescription is provided at no charge.

Plaza Building, Suite 150

303.615.9999

healthcenter1.com/tobacco-cessation

Transgender Care

The Health Center at Auraria offers healthcare to transgender and gender expansive individuals. Services include Hormone Replacement Therapy, Medical and Mental Health Services.

Plaza Building, Suite 150

303.615.9999

healthcenter1.com/transgender-care

Wellness Coaching

Taking good care of yourself can be tough. Finding the time to exercise, choosing nutritious foods, getting all the sleep you need, making time for friends, all while staying on top of work and school responsibilities – it's a lot, but you have support here! You can work one-on-one with a certified health coach in virtual or in-person sessions to set goals and make a plan to improve your own wellness. With your coach's compassionate support, you'll find out what stands between you and optimal wellness, and learn how to move past that. No matter where you are in your wellness journey, we'll work with you to become your happiest and healthiest self.

Salazar Student Wellness Center

303.315.9355

ucdenver.edu/wellness/services/wellness-coaching

Wellness Suite

The CU Denver Wellness Suite includes reflection rooms with virtual reality meditation and Seasonal Affective Disorder (SAD) lights, the Nook nap room and the Wellness Desk, which houses our Food Pantry, Office of Health Promotions, Financial Wellness, Single-Stop, and can refer you to other campus health resources.

Salazar Student Wellness Center

303.315.4010

ucdenver.edu/wellness/services/basic-needs

COMMUNITY RESOURCES

There are a multitude of valuable resources in the Denver Metro community and additional online resources that allow students to keep their confidentiality while accessing accredited information regarding health & wellness resources.

Addiction Research and Treatment Services (ARTS)

Addiction Research and Treatment Services (ARTS) is the clinical program of the Division of Substance Dependence, Department of Psychiatry at the University of Colorado, School of Medicine. ARTS has provided residential and outpatient empirically supported substance abuse treatment services in Colorado for over 40 years, with an emphasis on psychosocial and pharmacological treatments for adolescents, women, men, families and those involved in the criminal justice system. ARTS is on the cutting edge of scientific research, medical education and clinical care for the purpose of reducing death and dying from addictive disorders.

3738 W. Princeton Circle
Denver, CO 80236

303.336.1600

artstreatment.com

Alcoholics Anonymous

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

303.322.4440

daccaa.org

Colorado Crisis Services (Mental Health Support)

Colorado Crisis Services' Walk-In Center locations are open and continue to serve Coloradans in need by providing counseling support and community resources. We encourage you to reach out to the crisis line by phone or text at any time.

4353 E. Colfax Avenue
Denver, CO 80220

1.844.493.8255 or
text "TALK" to 38255

coloradocrisisservices.org

Colorado Legal Services

Colorado Legal Services offers legal information, free or low-cost legal service providers, court information and other resources. These are some of the cases that CLS can help with:

- Family law: domestic violence, divorce, custody, guardianship and others;
- Consumer/debt problems, including bankruptcy, garnishment, collection, repossession and others;
- Housing law, including foreclosures in some but not all CLS offices, evictions, landlord/tenant issues and others;
- Issues for seniors, including living wills, medical durable powers of attorney, and more;
- Problems with programs like Social Security, Medicare, Medicaid, SSI, and other government benefits;
- Tax controversies with the IRS, including Tax Court litigation, IRS exams and audits, IRS appeals, identity theft/tax preparer fraud, liens and levies, collection alternatives (installment agreements, offers in compromise, economic hardship issues), earned income tax credit denials, innocent spouse relief, underreported/disputed income, and cancellation of debt income.
- Immigration

1905 Sherman St. #400
Denver, CO 80203

303.837.1313

coloradolegalservices.org

Colorado Peak

Colorado PEAK is an online service for Coloradans to screen and apply for medical, food, cash, and childcare assistance programs. To learn more about this FREE online service, please visit the website.

1.855.752.6749

coloradopeak.secure.force.com

Crisis Text Line

Many people, especially teenagers and young people, are growing up more comfortable speaking via text message. The Crisis Text Line serves anyone in the United States with this confidential and free 24/7 text line, connecting you with a trained crisis counselor.

Text "SUPPORT" to 741741

crisistextline.org/text-us

Denver Human Services

Denver Human Services provides both assistance services and protection and prevention services to Denver's most vulnerable residents. Assistance programs are provided to eligible Denver residents in financial need and include federal food, cash and medical benefits, as well as childcare, child support, energy, rental and burial assistance, all designed to help families and individuals toward financial self-sufficiency.

311

denvergov.org/content/denvergov/en/denver-human-services

Embark Peer Coach Academy

Embark Peer Coach Academy engages the Colorado recovery community by connecting a wide variety of events that fulfill the community's needs – from weekly meetings, to monthly trainings, as well as annual celebrations. There are over 70 weekly meetings hosted around the state.

- 12 Step
- Yoga
- Meditation
- Medication Assisted Recovery Anonymous
- All Recovery
- Wellbriety
- Spanish Speaking Meetings

605 Bannock St.
Denver, CO 80204

800.604.8978

https://www.embarkpca.net/events

Food Bank of the Rockies

Food Bank of the Rockies provides food and necessities to people in need. They partner with various food pantries who then provide supplies to their local communities with food, necessities, and support. To find the nearest food pantry near you, please visit their website.

877.460.8504 foodbankrockies.org

HungerFreeColorado

Help is just a phone call away for Coloradans seeking food assistance. Their Food Resource Hotline is a bilingual, statewide and toll-free number that connects Coloradans to needed food and nutrition resources. Our services are available to all Coloradans, regardless of legal status. All caller information is confidential. They'll connect you to food stamps, food pantries and more.

855.855.4626 hungerfreecolorado.org

Marijuana Anonymous

Marijuana Anonymous is a fellowship of people who share our experience, strength, and hope with each other that we may solve our common problem and help others to recover from marijuana addiction.

The only requirement for membership is a desire to stop using marijuana. There are no dues or fees for membership. MA is not affiliated with any religious or secular institution or organization and has no opinion on any outside controversies or causes. Our primary purpose is to stay free of marijuana and to help the marijuana addict who still suffers achieve the same freedom. We can do this by practicing our suggested Twelve Steps of recovery and by being guided as a group by our Twelve Traditions.

1.800.766.6779 marijuana-anonymous.org

Mental Health Center of Denver for Teens & Young Adults

Emerson St. provides a supportive community for teens and young adults, ages 15 – 26, seeking connection and belonging. This inclusive, welcoming place offers a variety of activities and services that support young people in enhancing their mental health and overall well-being.

1610 N. Emerson St.
Denver, CO

303.504.3988

mhcd.org/emerson-st-for-teens-young-adults

National Domestic Violence Hotline

24 hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.

800.799.7233 thehotline.org

COMMUNITY RESOURCES

National Problem Gambling Hotline

The network is a single national access point to local resources for those seeking help for a gambling problem. Help is available 24/7 and is 100% confidential. The National Problem Gambling Helpline Network also includes text and chat services. These features enable those who are gambling online or on their mobile phone to access help the same way they play. One call, text or chat will get you to problem gambling help anywhere in the U.S. 24/7/365.

1.800.522.4700 **ncpgambling.org**

National Runaway Safeline

Available 24/7, the National Runaway Safeline is a crisis hotline, online service, and judgment-free safe space for runaways and homeless young people.

1.800.786.2929 **1800runaway.org**

National Suicide Prevention Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1.800.273.8255 **suicidepreventionlifeline.org**

Nicotine Anonymous

Nicotine Anonymous© ("NicA") is a fellowship of men and women helping each other to live our lives free of nicotine. We share our experience, strength and hope with each other so that we may be free from this powerful addiction. The only requirement for membership is a desire to stop using nicotine. There are no dues or fees for Nicotine Anonymous membership; we are self-supporting through our own contributions. Nicotine Anonymous is not allied with any sect, denomination, political entity, organization or institution; does not engage in any controversy, neither endorses nor opposes any cause. Our primary purpose is to offer support to those who are trying to gain freedom from nicotine. To learn more about meetings and locations please visit the website.

nicotine-anonymous.org/find-a-meeting

The Blue Bench (Sexual Assault Support)

Through issue advocacy, scientifically supported prevention programs and a robust offering of low to no-cost client services including a 24-hour hotline, individual and group therapy and case management, The Blue Bench has helped hundreds of thousands of Denver-area people of all gender identities find the courage to move from victim to survivor.

303.322.7273 **thebluebench.org**

The Mental Health Center of Denver

The Mental Health Center of Denver is a place for recovery, resilience and well-being, known locally and nationally as a model for innovative and effective community behavioral health care.

303.504.7900 **mhcd.org**

The Trevor Project (LGBTQIA+ support)

With phone, chat, and text options, The Trevor Project is a national organization providing 24/7 crisis intervention to LGBTQ young people.

1.866.488.7386 or
Text "START" to 678678 **thetrevorproject.org/get-help-now**

Veterans Crisis Line

Veterans or Service members in crisis can call this helpline at any time of day to reach specially trained VA responders. Friends, family members, and loved ones can also find support through this portal.

1.800.273.8255 **mentalhealth.va.gov/suicide_prevention/**

Vivent Health

Vivent Health offers Free HIV testing and case management, HIV medical care, PrEP (PrEP is an effective way to prevent HIV), medical case management and Pharmacy services.

5250 Leetsdale Dr.
Denver, CO 80246

303.393.8050

viventhealth.org/locations/denver

Wellness &
Recreation Services

UNIVERSITY OF COLORADO **DENVER**

UCDENVER.EDU/WELLNESS