

Health & Wellness **Resource Guide**



Wellness &
Recreation Services
UNIVERSITY OF COLORADO **DENVER**



TABLE OF CONTENTS

Wellness Wheel	1
24-Hour Crisis Services	2
Auraria Campus Map	4
On-Campus Resources	5
Academic Advising	6
Academic Vital Signs	6
Auraria Campus Police	6
Auraria Health Center Crisis Support & Victim Assistance	6
Auraria NightRider Service	6
CARE Team	7
Case Management	7
Dean of Students	7
Disability Resources & Services	7
Female Health Care	8
Group Fitness	8
Health Center at Auraria	8
Health Education and Outreach	8
Health Promotion	9
HIV Testing	9
Immunizations	9
Injury Treatment	9
LGBTQ Student Resource Center	10
Lola & Rob Salazar Student Wellness Center	10
Loving Lynx Fund	10
Medical Services	10
Mental Health First Aid	11
Mental Health Services	11
Milo's Market	11
Nutrition Counseling	11
Personal Training	12
Phoenix Center at Auraria	12
Psychology Clinic	12
Sexual Assault Services	13
Student & Community Counseling Center	13
Telehealth Appointments	13
Tobacco Cessation	14
Transgender Care	14
Wellness Suite	14
Community Resources	15
988 Suicide & Crisis Lifeline	16
Addiction Research and Treatment Services (ARTS).....	16
Alcoholics Anonymous	16
Colorado Crisis Services (Mental Health Support)	16
Colorado Legal Services	17
Colorado Peak	17
Crisis Text Line	17
Denver Human Services	17
Food Bank of the Rockies	18
HungerFreeColorado	18
Marijuana Anonymous	18
National Domestic Violence Hotline	18
National Problem Gambling Hotline	18
National Runaway Safeline	19
Nicotine Anonymous	19
The Blue Bench (Sexual Assault Support)	19
The Trevor Project (LGBTQIA+ support)	19
Veterans Crisis Line	19
Vivent Health	20
Wellpower	20
Wellpower	20

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)	Call or Text 988	Page 14
Crisis Text Line	Text "HOME" 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	988	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 or text 'START' to 678678	Page 18
Veterans Crisis Line	1.800.273.8255	Page 18



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**
Milo's Market
Fitness & Wellness Programming
- 6 North Classroom**
Psychology Clinic



The background image is a composite. The upper portion shows a large, ornate red brick building, likely a historic library or administrative building, with a prominent central tower and a tall, cylindrical brick chimney to the right. The building is illuminated with warm lights, and the sky is a clear, deep blue. The lower portion of the image shows a modern rooftop garden with a curved concrete walkway, white metal railings, and various green plants and trees. A wooden deck is also visible in the garden area.

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 Advising

Provides ongoing, collaborative partnerships designed to help students learn, develop & grow academically, personally and professionally.



Student Commons #1113



303.315.1940

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](http://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



[aurariacampus.edu/services-
es-departments/police](http://aurariacampus.edu/services-departments/police)

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

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. They don't provide services to the following CU Denver buildings: CU Denver Building, Lawrence St Center, Business School Building

After-Hours Escort Services



On Request



303.556.5000



[ahec.edu/services-departments/
parking/shuttles-motorist-
assistance](http://ahec.edu/services-departments/parking/shuttles-motorist-assistance)

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.



shareaconcern@ucdenver.edu



303.315.7306



ucdenver.edu/student/wellness/care-team

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.



Student Commons
Building #2007



303.315.7306



ucdenver.edu/student/health-wellness/case-management

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.



Student Commons #2007



303.315.7310



ucdenver.edu/student/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/offices/disability-resources-and-services

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](https://healthcenter1.com/medical-services)

Group Fitness

The group fitness program provides about 20 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/
fitness/group-fitness](https://ucdenver.edu/wellness/fitness/group-fitness)

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](https://healthcenter1.com/outreach-programs)

Health Promotion

Health Promotion 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. Offerings include: Financial Workshops and Wellness Wednesdays.



Salazar Student Wellness
Center - Level 3



303.315.9355



ucdenver.edu/wellness/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,
223



303.615.0515



msudenver.edu/lgbtq/

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

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](https://ucdenver.edu/student/health-wellness/loving-lynx)

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



303.615.9999



[healthcenter1.com/medical
-services](https://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.



healthpromo@ucdenver.edu



303.315.9355



ucdenver.edu/wellness/programs/health-promotions

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

Milo's Market

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



303.315.9355



ucdenver.edu/wellness/food-pantry

Nutrition Counseling

Registered Dietitians 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/
fitness/personal-training](https://ucdenver.edu/wellness/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. 24/7 free confidential hotline: (303) 556 - CALL (2255)



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](https://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](https://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 walk-in crisis services Monday -Thursday 12-4pm



Tivoli Student Union 454



303.315.7270



[ucdenver.edu/
counseling-center](https://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](https://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](https://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](https://healthcenter1.com/transgender-care)

Wellness Suite

The CU Denver Wellness Suite includes reflection rooms, the Nook nap room, the Wellness Desk and Milo's Market and can refer you to other campus health resources.



Salazar Student Wellness
Center



303.315.4010



[ucdenver.edu/wellness/
matters/](https://ucdenver.edu/wellness/matters/)

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.



988 Suicide & Crisis Lifeline

At the 988 Suicide & Crisis Lifeline we understand that life's challenges can sometimes be difficult. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. You are not alone.



988



988lifeline.org

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. This service is available in English and Spanish.



4353 E. Colfax Avenue
Denver, CO 80220



Call or Text 988



988colorado.com

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



1560 Broadway Unit
1100 Denver, CO, 80202



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.



Medical Assistance: 800-221-3943
SNAP Assistance: 800-536-5298



peak.my.site.com/peak/s/peak-landing-page?language=en_us

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 "HOME" to
741741



crisistextline.org

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 or
720-944-4DHS(4347)



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

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.



(303) 375-5851



foodbankrockies.org

HungerFreeColorado

Help is just a phone call away for Coloradans seeking food assistance. Their Food Resource Hotline is a 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 in 150+ languages. 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

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.



Text 'START'
to 88788



800.799.7233



thehotline.org

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-MY-RESET



[ncpgambling.org
/help-treatment](https://ncpgambling.org/help-treatment)

COMMUNITY RESOURCES

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



nationalrunaway.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.



1-877-879-6422



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 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](https://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.



Call 988 and press 1
or Text 838255



veteranocrisisline.net

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](https://www.viventhealth.org/locations/denver)

Wellpower

WellPower is Colorado's largest community mental health center, known locally and nationally as a model for innovative and effective behavioral health care. Our nonprofit organization provides a range of services for people across the lifespan of our 30+ sites and at nearly 200 locations throughout the community, from hospitals and assisted living facilities to schools and shelters.

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.



4141 E Dickenson PL
Denver, CO 80222



303.504.7700
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[wellpower.org](https://www.wellpower.org)
[wellpower.org/emerson-st
-for-teens-young-adults](https://www.wellpower.org/emerson-st-for-teens-young-adults)



Wellness &
Recreation Services
UNIVERSITY OF COLORADO **DENVER**