

## Mental Health Resources

| General Resources   |   |
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| The State of Mental Health in America   | Click <a href="#">here</a> for read report  |
| Mental Health America   | Click <a href="#">here</a> to go to website.  |
| The 2016 Colorado Health Report Card  | Click <a href="#">here</a> to read report   |
| The Colorado Health Institute   | Click <a href="#">here</a> to go to website   |
| Healthy Kids Colorado Survey Data   | Click <a href="#">here</a> to go to website   |
| General Mental Health Resources   |   |
| Colorado Crisis Services  | Click <a href="#">here</a> to go to website.<br>1-844-493-8255<br>Text "TALK" to 38255  |
| Find Help and Mental Health Resources   | Click <a href="#">here</a> to go to resources.  |
| 211 Colorado – Connects Individuals and Families to Critical Resources        | Click <a href="#">here</a> to go to the website.<br>Call 211<br>Text Your Zip Code to 898-211   |
| National Suicide Prevention Life Line   | Call 1-800-273-8255<br>Click <a href="#">here</a> to visit the website.   |
| Colorado Wellness Recovery  | Click <a href="#">here</a> to visit the website.  |
| Income  |   |
| Colorado Department of Human Services – For Low Income Coloradans             | Click <a href="#">here</a> to go to website.  |
| Hunger  |   |
| Hunger Free Colorado  | Click <a href="#">here</a> go to the website.<br>Bilingual Food Resources Hotline – M-F, 8-4:30pm. 855-855-4246<br>For Metro Denver 720-382-2920<br>If you are hearing impaired, call Relay Colorado at 711 or 1-800-659-2656 |
| SNAP (Supplemental Nutrition Assistance Program)                              | Click <a href="#">here</a> to go to the website.<br>Apply for benefits online at Colorado PEAK <a href="#">here</a> .<br>Apply for benefits through your local county human services office <a href="#">here</a> .            |
| WIC – Special Supplemental Nutrition Program for Women, Infants, and Children | Go to the website <a href="#">here</a> .<br>Start your application <a href="#">here</a> .   |
| Violence Prevention   |   |
| National Domestic Hotline   | If in immediate danger, call 911.<br>1-800-799-SAFE<br>Go to the website <a href="#">here</a> .   |

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| Child Abuse and Neglect  | Call 1-844-CO-4-kids to report<br>Click <a href="#">here</a> for website.  |
| <b>Housing</b>   |  |
| Housing  | Visit the website <a href="#">here</a> .   |
| <b>Employment</b>  |  |
| Unemployment Insurance Benefits                                    | Visit the website <a href="#">here</a> .   |
| Local Workforce Centers  | Find you local center <a href="#">here</a> .   |
| <b>Health Insurance</b>  |  |
| Connect for Health Colorado  | Click <a href="#">here</a> to go to the website.   |
| Health First Colorado – Medicaid                                   | Click <a href="#">here</a> to go to the website.<br>Apply <a href="#">here</a> .   |
| Child Health Plan Plus (CHP+)                                      | Click <a href="#">here</a> to go to the website.   |
| <b>Family Services</b>   |  |
| Colorado Department of Human Services                              | Click <a href="#">here</a> to go to the website.   |
| Family Resource Centers  | Find your local center <a href="#">here</a> .  |
| Services for Older Coloradans                                      | Call 1-844-COL-ADRC<br>Click <a href="#">here</a> to visit the website.  |
| Colorado Department of Public Health and Environment               | Click <a href="#">here</a> to visit the website.   |
| Behavioral Risk Factor Surveillance Survey and Child Health Survey | Click <a href="#">here</a> to see data.  |
| <b>COVID-19 Specific Resources</b>                                 |  |
| Mental Health America  | Click <a href="#">here</a> to visit the website.   |
| Colorado Department of Human Services                              | To view information from the Office of Behavioral Health click <a href="#">here</a> .  |
| Information on Loneliness and Social Isolation                     | Click <a href="#">here</a> for information.<br>Click <a href="#">here</a> for the National Institute on Aging<br>CDC Information <a href="#">here</a> .<br>Health Affairs Information <a href="#">here</a> . |
| Colorado Counties, Inc.  | Click <a href="#">here</a> to visit their website.   |
| Protection from Scams and Price Gouging                            | Click <a href="#">here</a> for information.  |
| Colorado School of Public Health                                   | Click <a href="#">here</a> to visit the website.   |