



Mental Health and Support Resources

If you or someone that you know is at risk of suicide, call the 988 national hotline for immediate support or call 911 for emergency care.



ON CAMPUS

EMPLOYEE ASSISTANCE PROGRAM:

Short-term, confidential counseling and referral at no cost to you. Call: 800-272-7255 to schedule an appointment

CAMPUS ADVOCATE:

Provides support to those harmed or affected by sexual violence.

- Location: Room 233 in the Yalich Student Services Building
- Email: cluna@coloradocollege.edu
- Office phone: 719-227-8101



NATIONAL & LOCAL

SUICIDE & HARM PREVENTION:



Pikes Peak Suicide Prevention:

Call: 719-573-7447

988 Suicide & Crisis

Lifeline: Free & confidential resources covering LGBTQI+, Black Mental Health, Service Members, and more.



Peak View Behavioral Health:

- 24/7 Free assessment call 888-530-3099
- Hospital phone: 719-444-8484

SEXUAL VIOLENCE:



TESSA:

Confidential, 24/7 community-based advocacy for survivors of sexual and domestic violence. Safe Line: 719-633-3819

RAINN (National Sexual Violence Hotline):

- 24/7 Hotline: 800.656.HOPE (4673)
- 27/7 [Online chat.](#)

Trans Lifeline:

Run by trans people, for trans people. Call: 1-877-565-8860



CIGNA

Please note: You must be a benefit eligible employee and enrolled in Cigna to receive the benefits below. You are benefit eligible if you are in a full time (1400 or more annual hours) or part time (1000 to 1399 hours) budgeted position. You may be eligible as a continuing (not visiting) faculty member working 4 or more blocks in a row.

- Individual and family counseling (virtual and in person)
- ***Bend Family Support:*** Helps provide online and in person support for children, teens and families.
- ***Happify:*** An app with games, guided meditations, and a "happiness score" to help you increase your overall level of happiness.
- ***Iprevail:*** 24/7 online support. Offers various programs, including on-demand peer support chats with a trained coach, mental health assessments, lessons to learn more about your mental health, and more

Colorado College ID#: COM589



Listed resources with the Colorado state flag are local