

MENTAL HEALTH RESOURCES



MINES CLIMBS TOGETHER

COVID-19 resources, updates and news: mines.edu/coronavirus

EVERY OREDIGGER

Every Oredigger page:
mines.edu/everyoredigger
for regular campus updates



COUNSELING CENTER AT COLORADOSCHOOLOFMINES.

Mines Counseling Center page:
mines.edu/counseling-center/
We are offering virtual and phone individual services to students this summer as well as virtual group support.

Questions or concerns about mental health?



The Jed Foundation

JED Foundation
Mental Health Resource Center
jedfoundation.org/mental-health-resource-center



Active Minds
activeminds.org

Need immediate support? Try one of these options:



National Suicide
Prevention Lifeline
1-800-273-8255



Colorado Crisis Services
1-844-493-8255 or
text "TALK" to 38255



Trans Lifeline
877-565-8860



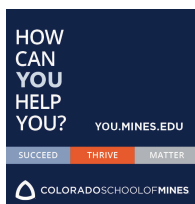
The Steve Fund
Text "STEVE" to 741741 if you are a person of color in need of support



The Trevor Project, a hotline specifically for LGBTQ+ youth
1-866-488-7386

If you are on campus, call Public Safety at **303-273-333** | For any other emergencies, **dial 9-1-1**

More Mines resources are available:



You@Mines



TAO

TAO Self-Help

The **Mines CARE Team** is also here for you. Submit a CARE report form or email the CARE Team:
mines.edu/student-life/care/



COUNSELING CENTER
AT COLORADOSCHOOLOFMINES.
[COUNSELING.MINES.EDU](https://counseling.mines.edu)

Off-Campus Resources for Mental Health & Wellness

Apps for your smart device



[Calm App](#)

[Headspace](#)



[Smiling Mind](#)

[Insight Timer](#)



[Mylife Meditation](#)

Podcasts

[The Onemind Podcast](#)

[The Mindful Minute](#)

[Ten Percent Happier](#)

[The Daily Meditation](#)

[Meditation Oasis](#)

[Happy Mind](#)

[Untangled](#)

Contact us!

[Counseling Center](#)

at (303) 273-3377



Websites

[Mindful.org](#)

[Healthyplace.com](#)

[Korumindfulness.org](#)

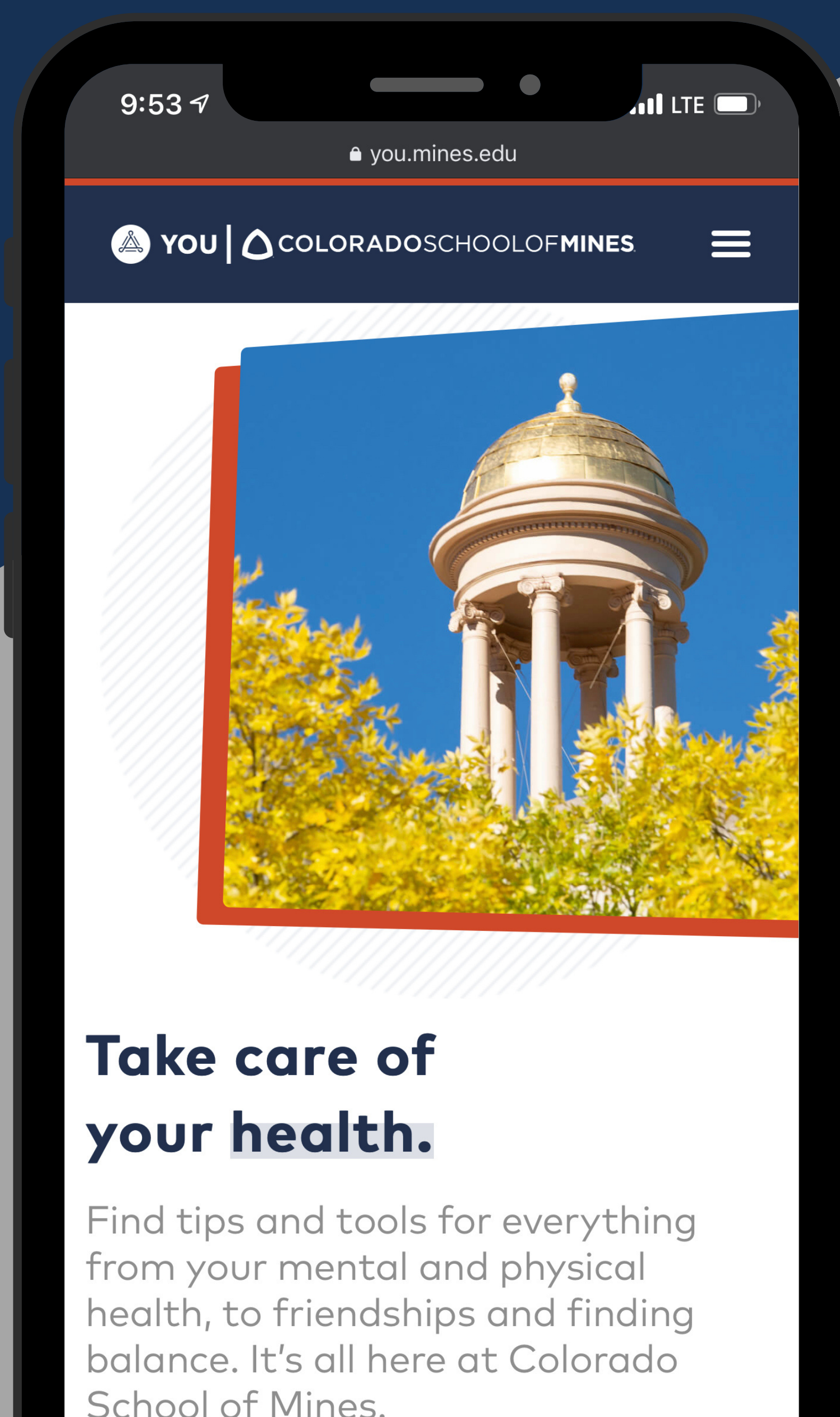
[nami.org](#)

[mhanational.org](#)

Find tips and tools for your mental and physical health, to finding friendships and balance. Log in or create an account to get tips and tools for stress and anxiety, take self-check quizzes, and set goals to challenge yourself.



You@Mines



Over 150 brief, effective, and education sessions that cover over 50 common topics and skills related to mental health, wellness, and substance use issues. TAO has interactive sessions, mindfulness exercises and practice tools to help you achieve your goals.

Sign up with your mines email address!

