

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](https://mental-health-resource-center.org/)



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 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/



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

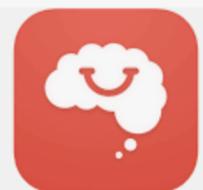
Off-Campus Resources for Mental Health & Wellness

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

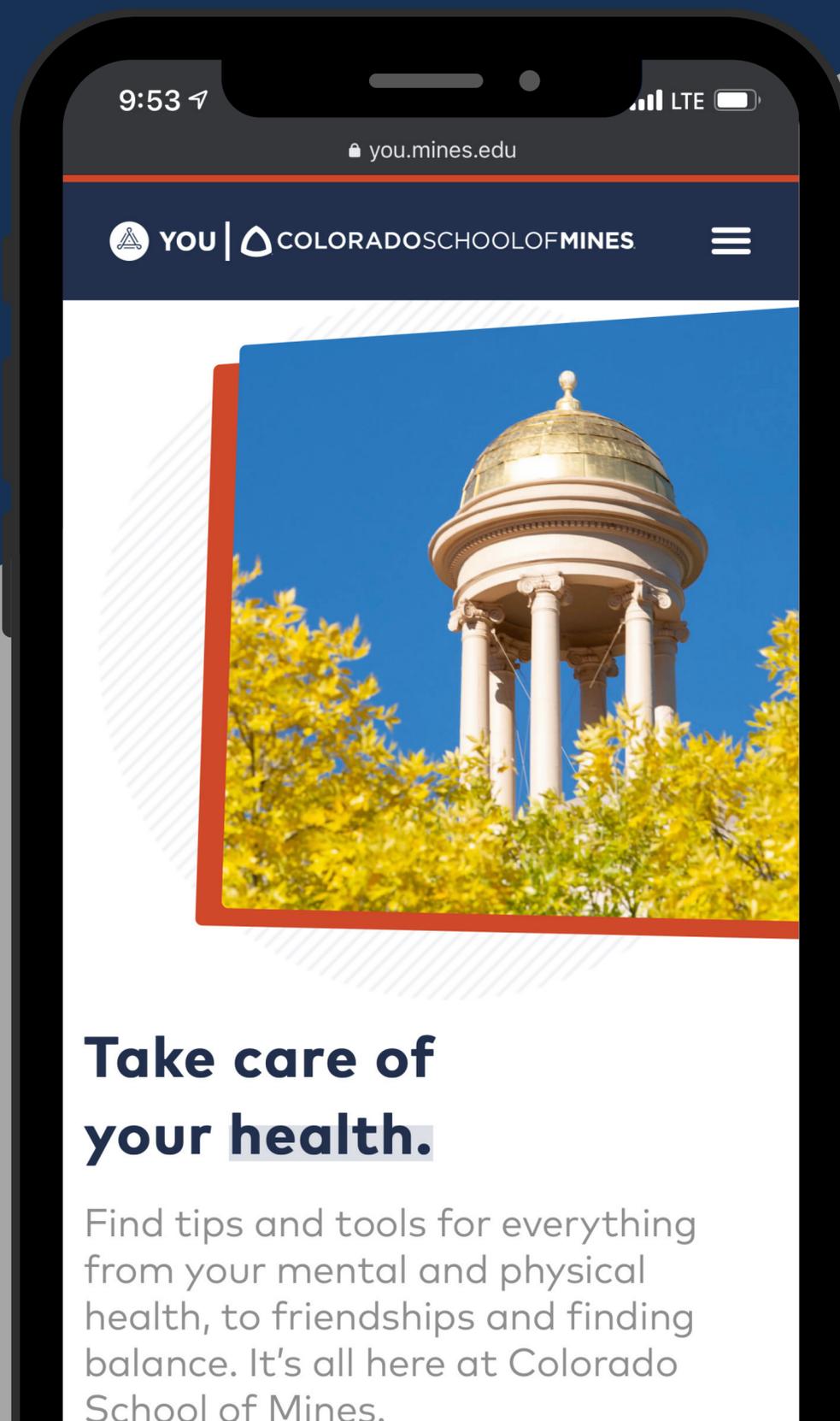
nami.org

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!

