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 COLORADO SCHOOL OF MINES
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?
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-TALK

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

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/
# 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!*