MENTAL HEALTH RESOURCES



MINES CLIMBS TOGETHER

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

EVERY OREDIGGER 🔎

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



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** 1-800-273-8255



Colorado Crisis Services 1-844-493-8255 or CRISIS SERVICES 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:

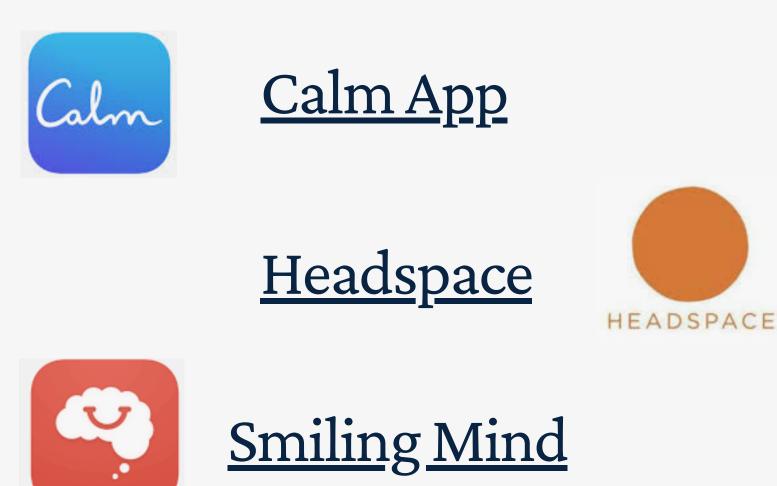


The Mines CARE Team is also here for you. Submit a CARE report form or email the CARE Team: mines.edu/student-life/care/



Off-Campus Resources for Mental Health & Wellness

Apps for your smart device



Podcasts

The Onemind Podcast

The Mindful Minute

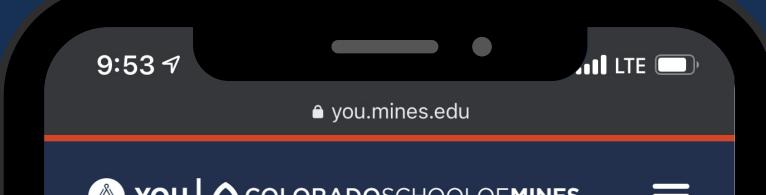
<u>Ten Percent Happier</u>

<u>The Daily Meditation</u>



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.

Vou Vou QMines





Take care of your health.

Find tips and tools for everything from your mental and physical health, to friendships and finding balance. It's all here at Colorado School of Mines.

