ComPsych provides no-cost, confidential assistance to help address the personal issues faced by employees (faculty, staff, non-student hourly, graduate assistants) and members of their household. Call (800) 497-9133 to speak to a ComPsych consultant 24 hours a day, seven days a week. ComPsych will refer employees to a local, licensed psychotherapist, answer legal or financial questions, or refer you to experts in the community.

Silver Cloud is a confidential, self-guided program based on cognitive behavioral therapy principles that can be accessed 24 hours/day, 7 days/week. Each module offers information, tips and interactive activities to better understand one’s emotional well-being.

Summitt Stone Health Partners will be moving outpatient clinical services to virtual and telehealth platforms, check the website to learn how to contact them. 24/7 availability call 494-4200. Child and Family Services, 2001 S. Shields St., Building K, Fort Collins

Colorado Spirit is The Colorado Spirit support line provides a safe, anonymous outlet for those who may be experiencing several emotions because of the pandemic.

Health District of Northern Colorado is offering virtual services to their clients. Certain essential services will continue to be offered with modifications, check the website for more details.

Connections is available free of charge at 970-221-5551, 9 am to 4 pm, Monday through Friday. Behavioral health specialists from the Connections program at Health District of Northern Larimer County will be available to answer questions, give referrals, and provide support services via telehealth.

CAYAC - CHILD, ADOLESCENT, AND YOUNG ADULT, CAYAC services are open to all Larimer County youth up through age 24, as well as their families.

Healthinfosource.com - Lists available mental health resources and providers in the community, along with insurance information.

Alliance for Suicide Prevention of Larimer County - Offers information about suicide, including facts, warning signs, community resources, grief support groups and more.
**Mental Health Connections** - Counseling options, affordable counseling, and assistance during times of crisis. Call 221-5551, Monday-Friday, 8 a.m. - 5 p.m.; walk in services 8 a.m.- 4 p.m.; 525 West Oak, Fort Collins

**Community Crisis Center** - 24/7 availability for crisis concerns, including suicide assessment. Call 494-4200; 1217 Riverside Avenue, Fort Collins

**PSD – Mental Health Services and Suicide Prevention** To address the overall physical and emotional well-being of students, PSD have created a Community Toolkit about Mental issues affecting students and families today.

**Pathways** offers virtual support groups to those who are dealing with grief and loss

**Groups for KidZ** kids teletherapy options, kids can gather with other children in a way that feels safe.

**Imagen Zero** Suicide Prevention Resources in Northern Colorado, including weld and Larimer County.