



Mental Health Resources

National Resources

For assistance during an emergency dial 911.

National Suicide & Crisis Lifeline (<https://988lifeline.org/>)

Call 988 for help 24 hours a day, seven days a week.

Nacional de Prevención del Suicidio 1-888-628-9454

Veteran? Hit option 1 to speak with a Specialist.

Crisis Text Line (<https://www.crisistextline.org/>)

Text HOME to 741741

AgriStress Helpline

Call or text 833-897-2474. Crisis specialists with training to know the culture of agriculture, forestry, and fishing workers.

Western Regional Agricultural Stress Assistance Program (WRASAP), (<https://farmstress.us>) focuses on communication and collaboration with regional partners to offer funding opportunities, support in navigating resources, compassion, and education within the agriculture community.

The Agricultural Finance, Tax and Asset Protection (<https://agftap.org>) AgFTAP enhances farmer and rancher ability to understand and navigate the farm business tax and asset protection decisions for their operations, as well as the important relationships between federal income taxes and USDA farm programs.

Farm Crisis Center (<https://farmcrisis.nfu.org>) National Farmers Union compiled resources to help farmers through stressful times.

National Alliance on Mental Illness (NAMI), (nami.org) Free information, education, support groups (online and in person) for self and family members.

Health Resources and Services Administration (HRSA), (<https://findahealthcenter.hrsa.gov/>) Information about community health centers and other providers who may offer more affordable options, particularly for individuals who do not have health insurance.

Rural Health Info (ruralhealthinfo.org/states/colorado) Programs and services to ensure rural areas have adequate healthcare.

State Resources

Colorado Crisis Services Statewide behavioral health crisis response system offering mental health, substance use or emotional crisis help, information and referrals. Available 24/7/365, free resource. Call: 1-844-493-8255 or Text: "Talk" to 38255. Veteran? Hit option 1 to speak with a Vet Specialist.

Colorado Agricultural Mediation Program (303-869-9095) The Colorado Agricultural Mediation Program helps farmers and ranchers dealing with contentious issues, such as: private and federal loan programs, crop insurance, wetlands, CRP and rural housing.

Farm Aid Hotline Farm Aid's online Farmer Resource Network connects farmers to network of organizations across the country that help farmers find the resources they need to access new markets, transition to more sustainable and profitable farming practices, and survive natural disasters. Call: 1-800-FARM-AID (1-800-327-6243) Monday through Friday 7am- 8pm.

The Colorado Agricultural Addiction and Mental Health Program (<https://caamhpforhealth.org>) Offers six free and confidential therapy sessions by providers that are trained and dedicated to serve the needs of Colorado farmers, ranchers, and their family members.

Second Wind Fund (<https://thesecondwindfund.org/>) Offers up to 12 free Zoom counseling sessions for children up to 19 years old.

AgrAbility (<https://agrability.colostate.edu>) Call: 1-800-825-4264 Enhancing quality of life for farmers, ranchers, and other agricultural workers with disabilities. Also, they can connect you to a CSU-E Behavioral Health Specialist for your region.



**ENGAGEMENT
AND EXTENSION**
COLORADO STATE UNIVERSITY



Dolores County Mental Health Resources

Local Resources

Dolores County Public Health
(<https://dolocnty.colorado.gov/public-health>)

Axis Health Dove Creek Integrated Healthcare
495 W. 4th Street, Dove Creek, CO 81324
970-677-2291 Walk-in crisis services can be accessed during business hours at Dove Creek Integrated Healthcare or by calling the 24/7 Axis Care Hotline at 970-247-5245.

Four Corners Youth Clinics (<https://4cyc.org/>) school-based health centers on the Dolores Schools campus. Provides services to all youth, ages 0-21 in Dolores County.

Where can you look to find a mental health provider?

Health insurance providers (<https://www.hhs.gov/programs/health-insurance/mental-health-substance-use-insurance-help/index.html>) Information on multiple programs including mental health insurance coverage.

Psychology Today (<https://www.psychologytoday.com/us>) allows you to search for mental health providers by specialty, location, insurance, gender, etc.

Substance Abuse and Mental Health Services Administration (SAMHSA) (<https://www.samhsa.gov/find-help/national-helpline>), search by address, city or ZIP code and it will provide you with a list of mental health providers.

Colorado Behavioral Health Administration (<https://bha.colorado.gov>) Online directory for treatment services including substance use, mental health, and Medicaid.

Rural Minds (ruralminds.org) Online mental health information, webinars, and crisis referrals for people in rural America.

What to do if someone is at risk

If you think someone is thinking about suicide, assume you are the only one who will reach out. Here's how to talk to have an honest conversation with someone who may be struggling with their mental health:

- Talk to them in private
- Listen to their story
- Tell them you care about them
- Ask directly if they are thinking about suicide and if they say they are, take them seriously
- Encourage them to seek treatment or contact their doctor or therapist
- Help them call one of the resources on this sheet
- Avoid debating the value of life, minimizing their problems or giving advice

1. Express Concern: Let the person know that you are concerned, in a kind and supportive way.

2. Normalize: Normalize mental health issues to help the individual understand that they are not alone, and to help address potential stigma or self-limiting beliefs.

3. Activate: Activate the individual's support network and communicate your commitment to supporting the individual through the process of accessing resources.

4. Refer: Refer the individual to reputable resources and let them know there is help available.



**ENGAGEMENT
AND EXTENSION**
COLORADO STATE UNIVERSITY

COLORADO STATE UNIVERSITY, U.S. DEPARTMENT OF AGRICULTURE AND COLORADO COUNTIES COOPERATING. TO SIMPLIFY TECHNICAL TERMINOLOGY, TRADE NAMES OR PRODUCTS AND EQUIPMENT OCCASIONALLY WILL BE USED. NO ENDORSEMENT OF PRODUCT NAMES IS INTENDED NOR IS CRITICISM IMPLIED OF PRODUCTS NOT MENTIONED. | COLORADO STATE UNIVERSITY EXTENSION IS AN EQUAL OPPORTUNITY PROVIDER. COLORADO STATE UNIVERSITY DOES NOT DISCRIMINATE ON THE BASIS OF DISABILITY AND IS COMMITTED TO PROVIDING REASONABLE ACCOMMODATIONS. CSU'S OFFICE OF ENGAGEMENT AND EXTENSION ENSURES MEANINGFUL ACCESS AND EQUAL OPPORTUNITIES TO PARTICIPATE TO INDIVIDUALS WHOSE FIRST LANGUAGE IS NOT ENGLISH. [HTTPS://COL.ST/OWMJA](https://col.st/owmja) | COLORADO STATE UNIVERSITY EXTENSION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES. COLORADO STATE UNIVERSITY NO DISCRIMINA POR MOTIVOS DE DISCAPACIDAD Y SE COMPROMETE A PROPORCIONAR ADAPTACIONES RAZONABLES. OFFICE OF ENGAGEMENT AND EXTENSION DE CSU GARANTIZA ACCESO SIGNIFICATIVO E IGUALDAD DE OPORTUNIDADES PARA PARTICIPAR A LAS PERSONAS QUIENES SU PRIMER IDIOMA NO ES EL INGLÉS. [HTTPS://COL.ST/OWMJA](https://col.st/owmja)