



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.



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Montezuma County Mental Health Resources

Local Resources

Axis Health Cortez Integrated Healthcare 970-565-7946

Choose from a variety of counseling and psychiatry options: individual, family and group therapy.

24/7 Care Line: 970-247-5245

Piñon Project (<https://www.pinonproject.org/>) Emergency needs support, parent and family support groups, support and activities for youth, suicide prevention

Mancos Food Share

(<https://mancosvalleyresources.com/2019/07/mancos-food-share/>) Food pantry, cooking/nutrition classes

Four Corners Youth Clinics (<https://4cyc.org/>) School-based health centers for ages 0-21 on the Southwest Open School campus providing integrated care to youth, primary care and behavioral health services.

SAFE Coalition (<https://safe-southwestco.org/>) Local suicide prevention coalition working to reduce suicide and promote suicide awareness in Montezuma County

Indigenous Wellbriety Program (<https://swcahec.org/indigenous-wellbriety-program/>) Culturally responsive support to those seeking recovery

Medicine Horse Therapeutic Riding 970-533-7403, (www.medicinehorsecenter.org) Offers a platform for healing by providing therapeutic, psychological and developmental assistance to children/adults with varying degrees of abilities.

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>)

Psychology Today (<https://www.psychologytoday.com/us>)

Substance Abuse and Mental Health Services Administration (SAMHSA), (<https://www.samhsa.gov/find-help/national-helpline>)

Colorado Behavioral Health Administration

(<https://bha.colorado.gov>) Online resource directory.

Rural Minds (ruralminds.org) Online mental health information.

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.



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