

## Mental Health and Crisis Resources

ANYONE CAN BE ON THE FRONT LINES OF A CRISIS SITUATION, including educators. If you aren't sure how to handle a crisis, or a situation that may lead to a crisis, these services are open to you. This is the best place to start handling and helping with any mental health, substance use or emotional issue.

<http://coloradocrisiservices.org/>

**Colorado Crisis Services 1-844-493-TALK (8255) or text the word TALK to 38255:**



Colorado Crisis Services offers a range of care options for anyone experiencing a crisis including but not limited to:

- 24/7 walk-in crisis centers throughout the state
- Warm-line/hot-line (1-844-493-TALK) staffed by mental health professionals to provide immediate feedback to those experiencing a mental health, emotional or substance use-related crisis.

## Recruitment of School Mental Health Professionals

As a service to the field, CDE will distribute job postings for school psychologist, school social worker, internship, and other related positions to the field via the School Mental Health and Behavior listserv. If you have an open position you'd like to advertise, please send it to Julia Wigert at [wigert\\_j@cde.state.co.us](mailto:wigert_j@cde.state.co.us)

The **School Mental Health and Behavior Listserv** is a great way to receive information through periodic emails on statewide trainings, job opportunities, and mental health and/or behavior related events. If you would like to sign up for the listserv, please send your request to Julia Wigert, School Psychology Specialist, at [wigert\\_j@cde.state.co.us](mailto:wigert_j@cde.state.co.us)

Join our CDE LinkedIn group for School Mental Health professionals! This group was designed for networking and to connect school mental health professionals with Special Education Directors and Mental Health Coordinators seeking to fill positions for school psychologists, school social workers, and interns.  
<https://www.linkedin.com/company/colorado-department-of-education/>

### Links and Resources

#### **Suicide Prevention Lifeline**

1-800-273-TALK (8255)

<http://www.suicidepreventionlifeline.org/>

#### **National Resources:**

National Federation for Families for Children's Mental Health

<http://www.ffcmh.org/>

National Child Traumatic Stress Network Educator Toolkit

<http://www.nctsn.org/resources/audiences/school-personnel/trauma-toolkit>

Youth Mental Health First Aid

<http://www.mentalhealthfirstaid.org/cs/take-a-course/course-types/youth/>

Collaborative for Academic, Social and Emotional Learning:

<http://www.casel.org/>

#### **State Resources:**

Colorado School Safety Resource Center

<https://www.colorado.gov/cssrc>

Suicide Prevention Resource Center

<http://www.sprc.org/states/colorado>

National Alliance on Mental Illness

<http://www.namicolorado.org/>

EMPOWER Colorado

<http://empowercolorado.org/>

#### **Colorado Department of Education Resources:**

School Mental Health

<http://www.cde.state.co.us/cdesped/mentalhealth>

Serious Emotional Disability (SED)

<http://www.cde.state.co.us/cdesped/sd-emotional>

PBIS

<http://www.cde.state.co.us/pbis>

Comprehensive Health Standards

<http://www.cde.state.co.us/cohealth/statestandards>



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## Universal Authorization/Consent for Release of Information Form:

A standardized consent form for release of information (ROI) between school-based mental health/health professionals and community partners and agencies is highly recommended for AU's. The following link provides a ROI form that any AU can use. The PDF can be filled in electronically, or used as a template for creating an ROI form for your AU.

### Downloadable Electronic Universal Authorization/Consent Form:

[https://cdpsdocs.state.co.us/oajja/ccyis/StateofColoradoAuthorizationConsenttoReleaseInformation9\\_26\\_13.pdf](https://cdpsdocs.state.co.us/oajja/ccyis/StateofColoradoAuthorizationConsenttoReleaseInformation9_26_13.pdf)

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## Current CDE Grants and Other Opportunities

To request **Youth Mental Health First Aid** trainings for your Administrative Unit available through Project AWARE funds, contact Michael Chevrier at [chevrier\\_m@cde.state.co.us](mailto:chevrier_m@cde.state.co.us).

### Competitive Grants and Awards:

<http://www.cde.state.co.us/cdeawards>

The Competitive Grants and Awards Office is dedicated to enhancing school improvement through federal and state grant opportunities. We offer support to students, teachers, and administrators in the application and funding process.

*This CDE guidance document is meant for clarification, is not legally binding, and is not to be confused with legal advice. This guidance reflects CDE's recommendations, but Administrative Units (AUs) may have developed their own policies or procedures that differ from those described herein. Be sure to refer to your local AU's policies and procedures through the Director of Special Education. If you are seeking legal advice, please contact your legal counsel.*

The contents of this handout were developed under a grant from the U.S. Department of Education. However, the content does not necessarily represent the policy of the U.S. Department of Education, and you should not assume endorsement by the federal government.

Colorado Department of Education, Exceptional Student Services Unit  
(303) 866-6694 / [www.cde.state.co.us/offices/exceptionalstudentservicesunit](http://www.cde.state.co.us/offices/exceptionalstudentservicesunit)