

Winter Break Resources

If you are concerned that your student may be experiencing changes in their mood or experiencing suicidal behaviors or thoughts, please remember to:

- Stay with the student until you are sure they are safe.
- If there is an immediate threat to your student or other students, call 911.

Local Immediate Crisis Resources:

SummitStone, Fort Collins. If you or someone you know is experiencing a self-defined behavioral health crisis, call 1 (844) 493-TALK (8255) or text TALK to 38255. They can help manage your situation, provide immediate support and consultation, and connect you to resources. You can also call SummitStone directly at (970) 494-4200 anytime day or night.

Colorado Crisis Services Line, 1-844-493-TALK (8255): This 24/7 toll-free hotline is available 365 days a year for anyone affected by a mental health, substance use or emotional crisis. All calls are connected to a mental health professional that will provide immediate support and connections to further resources.

Crisis Text Service: Anyone can text the word TALK to 38255 anytime, from anywhere in Colorado about any type of crisis. This feature is available 24/7. Visit [Home - Colorado Crisis Services](#) for more information.

Colorado Crisis Walk-In Locations: Walk-in crisis service locations are open 24/7 and offer confidential, in-person crisis support, information and referrals to anyone who needs it. Walk-in locations can be found on the Colorado Crisis Services website at [ColoradoCrisisServices.org](#).

Crisis Chat Service: On [ColoradoCrisisServices.org](#), individuals can chat with specialists for online emotional support, crisis intervention and suicide assessments. This feature is available from 4 p.m. to midnight, seven days a week.

Safe2Tell: Call 877-542-7233, text S2T to 274637, download Safe2Tell app, or visit [S2T CO | Make a Call. Make a Difference \(safe2tell.org\)](#)

(National) Suicide/Crisis Lifeline: 800-273-8255

Local Grief and Loss Resources:

The Denver Hospice: Grief Center/Support Groups <https://thedenverhospice.org/our-services/denver-hospice-grief-center/>

Judi's House (Denver) for Grieving Children and Families <https://www.judishouse.org/>

Holiday and Grief Support:

[Coping with Holiday Stress | CDC](#)

[Coping with the Holidays Survival Guide | Psych Central](#)

[Caring for Yourself and Others: A Holiday Support Guide - Each Mind Matters - California's Mental Health Movement](#)

[What Helps This Season | How Right Now](#)

[Getting through the Holidays | Grief Resources | The Dougy Center](#)

National Alliance for Grieving Children <https://childrengrieve.org/>

Full Circle Grief Center: Conversations about Grief <https://fullcirclegc.org/category/virtual-conversations-about-grief/>

Open to Hope: Grief Podcasts, Articles, Television,

Books <https://www.opentohope.com/?gclid=CNnb4onUnrwCFcdQOgodH1EAoA>

We want to remind everyone in our community that there is help within our school, locally and nationally for many different challenges whether it be suicide, depression or self-harm, anxiety, trauma or other mental health concerns, substance use and addiction, domestic violence or assault or social anxieties and concerns about fitting in. If you or someone you know needs help, please don't hesitate to reach out and utilize these resources this holiday season, and we look forward to continue supporting you in the new year.