

# Mental Wellness Resource Guide



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**Please note that Temple Sinai is an organization that supports mental health and wellness, it is not a service provider. Please call 911 if you are experiencing a life-threatening emergency.**



# What Is Mental Health?

The [World Health Organization](#) defines mental health as “a state of well-being in which an individual realizes [their] own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to [their] community.”

Mental wellness has roots in Judaism dating back centuries. Maimonides' shares in his teachings that the soul and the body are equally as important. He writes, “the soul is subject to health and disease, just as the body...”, acknowledging that health includes both mental and physical components. It almost seems radical that Jewish philosophers were discussing the importance of mental health in the late 1100's and it demonstrates how integral mental health is in Jewish tradition.

**LET'S TALK** about our Mental Health

**What is mental health?**

Mental health is the health of our mind. It affects how we think, how we feel and how we live our lives.

**Mental health is a part of life.**

Just as the world around us affects our mental health, our mental health affects how we react to the world around us.

**Asking for help can help!**

Talking to a friend can help our mental health.

**We all have mental health.**

Everyone experiences mental health differently, but we're all in this together. Let's Talk about it.

Start the conversation.  
Go to [LetsTalkCO.org](#) to learn more.

# Mental Health Terminology

We know that everyone has a different familiarity with mental health terms and definitions. Please reference the [American Mental Wellness Associations' Common Terms and Definitions](#) for more information.

## Mental Health & Wellness at Temple Sinai

Mental health and wellness are incredibly important to our Temple Sinai Community. We want you to know that you are not alone in your mental health journey. You can always reach out to family, friends, Temple Sinai clergy, our Mental Wellness Director, or other trusted adults.

This resource guide is one facet of mental wellness at Temple Sinai. Through our mental wellness initiative, we are working to intentionally integrate mental wellness into everything we do. We are doing this through educational programming on mental health topics to both educate and normalize the conversation around mental health in our community. We are working to ensure that Temple Sinai is fostering a space that is inclusive for everyone by analyzing our systems and services. If you are interested in getting involved with this initiative, please contact Carly Coons, our Director of Mental Wellness, at [carly@siniadenver.org](mailto:carly@siniadenver.org) or 303-759-1827 x 324.

## Mental Wellness Resource Guide Overview

In this resource guide you will find a list of local and national hotlines and crisis resources, Jewish organizations, and mental health organizations. This resource guide is not an exhaustive list, rather it should serve as a jumping off point to help you begin to find supportive resources. **This is an ever-changing and growing resource guide. Please let us know if there are important resources you would like to see included.**

If you need help navigating any of these resources or want support figuring out where to start, please contact Carly Coons, our Director of Mental Wellness, at [carly@siniadenver.org](mailto:carly@siniadenver.org) or 303-759-1827 x 324. All conversations are confidential.

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# Hotline & Crisis Resources

## **Emergency Medical Services: CALL 911**

If you are concerned someone in your life is in immediate, life-threatening danger, and may harm themselves or others, call 911 for immediate emergency assistance.

## **STAR Program: CALL 911 or 720-913-2000 (DPD's Non-Emergency Line)**

In Denver, you are able to request support from the **Support Team Assisted Response (STAR) Program**. The STAR Program deploys Emergency Response Teams that include Emergency Medical Technicians and Behavioral Health Clinicians to engage individuals experiencing crises related to mental health issues, poverty, homelessness, and substance abuse.

## **Colorado Crisis Services**

**PHONE:** 1-844-493-TALK (8255)    **TEXT:** "TALK" to 38255

**WEBSITE:** <http://coloradocrisisservices.org/>

Colorado Crisis Services is available 24/7/365 to support you through whatever you're going through. All phone calls are free, confidential, and professional.

## **National Suicide Prevention Hotline**

**PHONE:** 1-800-273-TALK (8255)    **ONLINE:** Chat Available

**WEBSITE:** <http://suicidepreventionlifeline.org/>

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

## **National Domestic Violence Hotline**

**PHONE:** 1-800-799-SAFE (7233)    **TEXT:** Text START to 88788    **ONLINE:** Chat Available

**WEBSITE:** <https://www.thehotline.org/>

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.

## [National Sexual Assault Hotline](#)

**PHONE:** 1-800-656-HOPE (4673)    **ONLINE:** Chat Available

**WEBSITE:** <https://www.rainn.org/about-national-sexual-assault-telephone-hotline>

Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Free chat support is available online 24/7.

## [Crisis Text Line](#)

**TEXT:** Text HOME to 741741

**WEBSITE:** <https://www.crisistextline.org/>

Connect with a Crisis Counselor through text with free 24/7 support at your fingertips. A live, trained Crisis Counselor receives the text and responds, all from their secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

## [Trevor Project TrevorLifeline](#)

**PHONE:** 1-866-488-7386                      **TEXT:** Text START to 678-678    **ONLINE:** Chat Available

**WEBSITE:** <https://www.thetrevorproject.org/get-help/>

The Trevor Project provides LGBTQ youth with 24/7 crisis counseling via phone, text, and chat. Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S. It is 100% confidential, and 100% free.

## [Trans Lifeline Hotline](#)

**PHONE:** 1-877-565-8860

**WEBSITE:** <https://translifeline.org/>

Trans Lifeline connects trans people to the community support and resources they need to survive and thrive.

## [Veterans Crisis Line](#)

**PHONE:** 1-800-273-8255                      **TEXT:** Text 838255                      **ONLINE:** Chat Available

**WEBSITE:** <http://www.veterancrisisline.net>

If you are a Veteran in crisis or are concerned about one, connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves.

## [National Eating Disorders Association](#)

**PHONE:** 1-800-931-2237

**TEXT:** Text NEDA 741741

**ONLINE:** Chat Available

**WEBSITE:** <https://www.nationaleatingdisorders.org/>

Contact the NEDA Helpline for support, resources, and treatment options for yourself or a loved one who is struggling with an eating disorder. Helpline volunteers are trained to help you find the support and information you need. Reach out today.

## [National Drug Helpline](#)

**PHONE:** 1-844-289-0879

**WEBSITE:** <https://drughelpline.org/>

The National Drug Helpline is a free, confidential, 24/7 drug and alcohol hotline that can help you start your journey towards a better future. The helpline is open to everyone. You can call the hotline to get information for yourself or a friend or family member.

## [National Alliance on Mental Illness Crisis HelpLine & Text Line](#)

**PHONE:** 1-800-950-NAMI (6264)

**TEXT:** Text NAMI to 741-741

**ONLINE:** Chat Available

**WEBSITE:** <https://www.nami.org/help>

HelpLine: The NAMI HelpLine can be reached Monday through Friday, 10 am – 8 pm, ET. The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with mental health conditions, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance. Note: the NAMI HelpLine is not a hotline, crisis line, or suicide prevention line.

Text Line: Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

## [Safe2Tell Colorado](#)

**ONLINE:** Submit Anonymous Tip

**App:** Safe2Tell Colorado app (Apple Store & Google Play)

**WEBSITE:** <https://safe2tell.org/>

Safe2Tell is for legitimate safety concerns and focuses on saving lives of Colorado students. This resource is designed to anonymously report any threatening behavior that endangers students, their friends, family, or community. Safe2Tell is open 24/7, 365 to take reports. This resource is great for students and parents alike. The identity of the person making the report will be kept confidential.



## [Healthcare Worker and Educator Well-Being Support Line](#)

**PHONE:** 303-724-2500

**TEXT:** 303-724-2500

**WEBSITE:** <https://medschool.cuanschutz.edu/psychiatry/covid-19-support>

CU Anschutz, is offering a Well-Being Support Line to health care professionals, educators, and child care professionals. With the hope of decreasing burnout and helping to navigate through a very unusual school year, they are offering a free, confidential support line to any educator across the state of Colorado. The support line is available via call or text from 8 AM to 8 PM, seven days a week.

## [SAMHSA Disaster Distress Helpline](#) [\(Substance Abuse & Mental Health Services Administration\)](#)

**PHONE:** 1-800-985-5990, Press 2 for Spanish

**TEXT:** 1-800-985-5990

**WEBSITE:** <https://www.samhsa.gov/find-help/disaster-distress-helpline>

The Disaster Distress Helpline is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.

## [Servicios de Crisis de Colorado \(Spanish-Speaking Resource\)](#)

**TELEFONO:** 1-844-493-8255

**ENVÍA:** TALK al 38255

**WEBSITE:** <https://coloradocrisisservices.org/es/>

Apoyo y consejería para ti o un ser querido, gratuita y confidencial -- 24/7/365.



# Jewish Organizations

## [Jewish Family Service](#)

**PHONE:** 720-248-4701

**ONLINE:** <https://www.jewishfamilyservice.org/about/contact>

**WEBSITE:** <https://www.jewishfamilyservice.org/>

Jewish Family Service is a nonsectarian, nonprofit human service agency offering comprehensive, integrated, customized services to vulnerable individuals and families. JFS provides comprehensive services to vulnerable individuals and families of all faiths, races, ages, incomes, abilities, sexual orientation, and gender identities throughout Colorado.

## [The Blue Dove Foundation](#)

**WEBSITE:** <https://thebluedovefoundation.org/resources/>

The Blue Dove Foundation was created to help address the issues of mental illness and addiction in the Jewish community and beyond. The Blue Dove Foundation has compiled a list of mental health resources.

## [Union for Reform Judaism - Mental Health Resources](#)

**WEBSITE:**

<https://reformjudaism.org/reform-jewish-life/youth-family-community/mental-health-resources>

Hotline and Crisis Resources in the United States and Canada compiled by the Union for Reform Judaism.

## [HereNow](#)

**IG:** @project.here.now

**App:** HereNow app (Apple Store & Google Play)

**WEBSITE:** <http://www.projectherenow.org/>

HereNow is a teen-led online and in-person initiative promoting mental health, well-being, and resilience through innovative content and creativity. HereNow is a project of The Jewish Board and made possible with the support of UJA-Federation of New York.

## Mental Health & Mental Health Focused Organizations

### [211 Colorado](#)

**PHONE:** 211 or 866-760-6489    **TEXT:** Text your zip code to 898-211    **ONLINE:** Chat Available

**WEBSITE:** <https://www.211colorado.org/>

2-1-1 is a confidential and multilingual service connecting people to vital resources across the state. No matter where you live in Colorado, you can find information about resources in your local community.

### [I Matter](#)

**WEBSITE:** <https://imattercolorado.org/>

I Matter is funded by the Colorado Department of Human Services, Office of Behavioral Health. This program aims to provide access to mental health and substance use disorder services for youth, including addressing needs that may have resulted from the COVID-19 pandemic. The program is open to youth 18 years of age or younger or 21 years of age or younger if receiving special education services.

Anyone between 12 and 18 can go to the I Matter state website to take a short survey to assess their needs.

### [Psychology Today - Find a Therapist](#)

**WEBSITE:** <https://www.psychologytoday.com/us/therapists>

Find detailed listings for mental health professionals in the United States.

### [The National Council for Mental Wellbeing - Find a Behavioral Health Provider](#)

**WEBSITE:** <https://www.thenationalcouncil.org/providers/>

National Council for Mental Wellbeing is a membership organization that drives policy and social change on behalf of nearly 3,500 mental health and substance use treatment organizations and the more than 10 million children, adults and families they serve.

To run the **provider search**, select your state in the right-hand column and click "GO."

## [Let's Talk Colorado](#)

**WEBSITE:** <https://letstalkco.org/>

Let's Talk Colorado aims to improve the health of Coloradans by providing access to physical and behavioral health care. The goal of the Let's Talk Colorado media campaign is to initiate an inclusive conversation. All Coloradans benefit when we learn to discuss our mental health, and those of us who need treatment are more likely to seek it when we all agree that mental health is everyone's responsibility.

## [BaMidbar Wilderness Therapy](#)

**PHONE:** 720-835-2937

**ONLINE:** [info@bamidbartherapy.org](mailto:info@bamidbartherapy.org)

**WEBSITE:** <https://www.bamidbartherapy.org/>

BaMidbar Wilderness Therapy is working to ensure that Jewish youth and young adults have the confidence, skills, and community support to navigate life's challenges and thrive in the face of adversity. BaMidbar does this through direct therapeutic programming with Jewish youth and young adults, as well as through training and professional support Jewish community professionals.

## [The Jed Foundation](#)

**WEBSITE:** <https://jedfoundation.org/>

The Jed Foundation (JED) is a nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults. JED strengthens schools by working directly with high schools, colleges, and universities to put systems, programs, and policies in place to create a culture of caring that protects student mental health, builds life skills, and makes it more likely that struggling students will seek help and be recognized, connected to care, and supported. JED mobilizes communities by providing education, training, and tools to families, friends, media, and others.