

Mental Health Resources

I Matter

Free mental health support for Colorado students

- I Matter is managed by the Colorado Behavioral Health Administration. It provides up to six free therapy sessions for youth in Colorado. The program is open to youth 18 years of age or younger or 21 years of age or younger if receiving special education services

WellPower

Community-based therapy | 303-504-6500

- WellPower provides treatment, prevention, outreach and crisis services to children, families and adults. That includes Therapy Direct, which provides access to a counselor for a 55-minute, online session for all metro Denver residents ages 18 years and up.

Center for Trauma and Resilience

Group and family counseling | (303) 894-8000 (English) | (303) 718-8289 (Español)

- The Center for Trauma & Resilience provides culturally and linguistically responsive programs, health promotion and crime prevention education. It provides services to those affected by crime and the resulting trauma, at no cost.

988 Suicide & Crisis Lifeline

Call or Text 988

- Take care of a friend, a loved one, or yourself. Call, text, or chat with a 988

Lifeline counselor for help during difficult moments anytime, day or night.

[Safe2Tell Colorado](#)

877-542-7233

- An anonymous way to report any concern impacting students

Informational Tools

[Coping in the Aftermath of a Shooting](#)

American Counseling Association

[Coping With Current Events: How to Talk to Children About Upsetting News](#)

Children's Hospital Colorado

[Information about the role of caring adults](#)

Children's School Safety Resource Center

Opportunities to get involved

RootED is fortunate to partner with several community organizations that are committed to advocating for and with our youth and who provide opportunities for becoming more involved. Here are a few suggestions:

- Fill out a Denver Public Schools [volunteer application](#). This will allow you to participate in many school and community-based opportunities where you can engage directly with students.
- Support and follow our partners at [FaithBridge](#) as they work in and with the community to create an intentional system of care that creates safe spaces and opportunities for students, families, and educators to be equitably supported and to thrive.

- Attend an upcoming Community Learning Circle to receive training and take action in addressing and preventing youth trauma. [Sign up here.](#)
- Contact your [city councilperson](#). Contact your DPS board of education [representative](#). Let them know how important this issue is to you and ask what action they plan to take as community leaders.