

Mental Health Support

If you or your child is experiencing a life-threatening mental health emergency, please call 911, or 1(800)273-8255(TALK), or text TALK to 741-741.

During this time of crisis, it is important to take care of our physical and mental health. Below you will find some resources for you and your family. If your student would like to talk to their school counselor, contact information is included.

Talking to kids about coronavirus

S2T CO | Make a Call. Make a Difference

Safe toTell: anonymously report anything that concerns or threatens you, your friends, family, or community

Colorado Crisis Services for Youth

<https://belowthesurfaceco.com/>

Colorado Crisis Services

<https://coloradocrisiservices.org/> or

<https://serviciosdecrisisencolorado.com/>

Taking Care of Your Mental Health in the Face of Uncertainty provides tips for taking care of your mental health during this time.

Tips to Help Kids Who are Worried

[click here to read the full article](#)

- Be available to talk
- Limit news exposure
- Practice healthy habits such as nutrition, exercise, and sleep
- Use Mindfulness, controlled breathing, and grounding strategies (see article above for details)
- Take care of yourself - talk to friends and family, take time to relax, and all the tips above

Contact information for University Schools counselors:

High School

last names A-J: Melissa Stapleton mstapleton@universityschools.com

last names K-Z: Hailey Swanbom hswanbom@universityschools.com

Middle School

Vanessa Njos vnjos@universityschools.com Daniel Lee dlee@universityschools.com

Elementary

4th or 5th: Daniel Lee dlee@universityschools.com

K-3rd: Amanda Hahn ahahn@universityschools.com