

GET HELP NOW

TO SPEAK WITH A TRAINED CRISIS SPECIALIST 24/7

CALL PARAGON BEHAVIORAL HEALTH CONNECTIONS FOR AN IN-PERSON, MOBILE CRISIS RESPONSE
720.610.2670

COLORADO MENTAL HEALTH LINE
CALL OR TEXT 9-8-8

FIND A THERAPIST

EMAIL
INFO@BUILDINGHOPESUMMIT.ORG
MOUNTAINSTRONG.ORG
CALL 970.485.6271

NEED MEDICATION FOR MENTAL HEALTH?

ELEVATED COMMUNITY HEALTH 970.668.4040
VAIL HEALTH BEHAVIORAL HEALTH 970.445.2489
PORCH LIGHT HEALTH 1.866.628.7828

CASE MANAGEMENT SERVICES

VAIL HEALTH BEHAVIORAL HEALTH
970.445.2489

MILE HIGH INTEGRATED CARE - SUMMIT COUNTY
970.485.6676

NEED HELP NAVIGATING MENTAL HEALTH SERVICES?

EMAIL
INFO@BUILDINGHOPESUMMIT.ORG
CALL 970.485.6271

FOR EMERGENCY MENTAL HEALTH NEEDS

CALL 911 AND REQUEST THE SUMMIT COUNTY SHERIFF'S OFFICE
SMART TEAM (SYSTEM-WIDE MENTAL ASSESSMENT RESPONSE TEAM)

SUBSTANCE USE RESOURCES

HARM REDUCTION

MILE HIGH INTEGRATED CARE - SUMMIT COUNTY
970.485.6676
SUMMIT COUNTY PUBLIC HEALTH
970.668.9161

MEDICATION ASSISTED TREATMENT (MAT)

PORCH LIGHT HEALTH
1.866.628.7828
ELEVATED COMMUNITY HEALTH
970.668.4040
DENVER RECOVERY GROUP
720.769.3794

FOR ADDITIONAL RESOURCES VISIT BUILDINGHOPESUMMIT.ORG

HOW TO GET HELP

It's Okay To Not Be Okay. Taking the first step to ask for help when you are struggling takes enormous courage. Building Hope offers connections to therapists, mental health scholarships and many other resources to support your mental health. To get connected to resources or to donate to Building Hope, please visit our website at BuildingHopeSummit.org



YOU ARE NOT ALONE
CONNECTION
RESOURCES
WWW.BUILDINGHOPESUMMIT.ORG

BUILDINGHOPE
SUMMIT COUNTY