

Mental Health

24hr Hotline: Colorado Crisis Center 1 (844) 493-8255 or text TALK to 38255

Name:	What You'll Find there:	Ways to Connect:
<p>COARNG Mental / Behavioral Health</p>	<p>Connect with this office if you or someone you know is experiencing <u>any mental health issue</u> such as: depression, stress management, anxiety, PTSD, panic attacks, mood disorders, suicidal thoughts, mental health profiles, mentally struggling with a divorce or financial issues. Mental health is our priority, let us help.</p> <p>We are here for you!</p> <p>Don't hesitate to reach out for yourself or someone else.</p> <p>Services we offer...</p> <ul style="list-style-type: none"> • Help with depression, anxiety, suicidal thoughts, PTSD • Crisis response • Case management • Self-Referrals • Battle Buddy Referrals • Dependent mental health resources • Answer questions on how mental health impacts your Army career • Counseling referrals 	<p>COARNG Behavior Health team Shannon Bennett-Tuke, LCSW shannon.m.bennett-tuke.civ@army.mil 720-219-0749 (call/ text) 720-25091983</p> <p>Keywords: Mental health profiles, counseling, PTSD, stress, suicidal ideations, mental resilience, mental health referrals</p> <p>Eligibility: Army National Guard, Dependents</p> <p>Cost: No Cost</p>

<p>CONG Chaplains Office</p>	<p>Connect confidentially with the State's chaplain's office for support on religious and non-religious topics <u>ie</u>, suicidal ideations, grief & loss counseling, stress, anger management, career guidance, religious accommodations, and many more</p> <p>Services we offer...</p> <ul style="list-style-type: none"> • Crisis Response and CCIR Follow Up • Ceremony Support • Pastoral Visitation (unit/ hospital) • Perform/ Provide Religious Support • Personnel Management • Prayer Requests • Resource Referrals <p>Don't see what you're looking for?</p> <p>Go to our website to learn more and submit requests.</p>	<p>https://co.nq.mil/Resources/Chaplain/</p> <p>Army 720-250-1074 or 303-913-1749 BAFB 720-847-4600</p> <p>Keywords: Counseling Death/ Casualty Notifications Special Events Spiritual wellness Prayer Support Religious Services Family Marriage Relationship Strong bonds</p> <p>Cost: No cost</p> <p>Eligibility: Army/ Air/ Veterans/ Dependents</p>
<p>Military and Family Life Counseling (MFLC)</p>	<p>Connect with MFLC to receive confidential non-medical counseling for free. National Guard members and their families may receive up to 12 sessions per issue via face-to-face, secure online chat, video or telephonically at no cost.</p> <p>Issues we address:</p> <ul style="list-style-type: none"> • Improving relationships at home and work • stress management • adjustment difficulties • parenting • grief or loss <p>Youth and family services...</p> <ul style="list-style-type: none"> • self-esteem issues • relationships at home and school • behavioral issues • changes at home such as deployment, reunion, divorce, and grief 	<p>Call – 800-342-9647</p> <p>Learn more about MFLC https://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-and-family-life-counseling/</p> <p>Keywords: Free counseling Family counseling Marriage counseling Relationship counseling Grief and Loss Adjusting to military or civilian life</p> <p>Cost: No cost</p> <p>Eligibility: Army/ Air/ Dependents</p>

<p>Give an Hour.org</p> <p>(1 free hour counseling per week)</p>	<p>Connect with this organization to receive confidential, no-cost mental health services from licensed providers. Follow the instructions online to find a local provider that will meet your individual needs.</p> <p>Use our website to locate a provider based on your location and criteria. Submit basic information to the provider you choose, and the provider will respond to you within 5 days.</p>	<p>Website: https://giveanhour.org/</p> <p>Keywords: Free Counseling Local Counseling In Person Virtual</p> <p>Eligibility: Army/ Air/ Veterans/ Dependents</p>
--	--	---

24hr Crisis Resources - Free and Confidential

Colorado Crisis Services

“Whatever you’re going through, we’ll help you through it”

Coloradocrisisservices.org

Call 1 (844) 493-8255

Text TALK to “38255”

Veterans Crisis Line

Are you a service member in crisis? Or concerned about one?

It’s free, confidential, and YOU decide how much information to share

Call 1-800-273-8255 (Press 1)

Chat Online – [Click Here](#)

Text 838255

Not sure where to start?

Contact our Behavior Health Specialist

Name: Shannon Bennett-Tuke **Website:** www.shannon.m.bennett-tuke.civ@army.mil **Email:** shannon.m.bennett-tuke.civ@army.mil **Call/ Text:** 720-219-0749