

Mental Health Resources for Parents and Students

As a parent or caregiver, you want the best for your children or other dependents. You may be concerned or have questions about certain behaviors they exhibit and how to ensure they get help.

Talk To Someone Now - Call 988 or text 988 or [click here to for online chat](#) If you are thinking about suicide, are worried about a friend or a loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States.

SAMHSA (US Substance Abuse and Mental Health Services Administration) This site includes "What to look for," "What to do," and "How to talk about Mental Health with your child."

[<https://www.samhsa.gov/mental-health/how-to-talk/parents-and-caregivers>]

Pikes Peak Suicide Prevention | Counseling, support groups and peer support. Call 719-573-7447 and ask for Maria, who will provide information on parent support groups. Referral by David Galvan, St. Michael's Mental Health Professional.

Local Counseling Centers

Mayfield Counseling Centers <https://mayfieldcounseling.com> 719-452-4803

Walls Counseling <https://www.wallscounselingcolorado.com/> 719-362-0558

North Family Counseling <https://www.northfamilycounseling.com/> 719-313-5846

Envision Counseling <https://www.envisionclinic.com/> 720-935-2663

Family Care Center <https://www.fcsprings.com/> 719-540-2146

Supervised Master's Level Counselors:

These centers are staffed by graduate students from local universities who are receiving degrees as Licensed Professional Counselors in the State of Colorado.

- Community Counseling Center CCU
<https://communitycounseling.org/> (719) 876-5805
- Core Christian Community Counseling
www.Corechristiancommunitycounseling.com
719-679-2199 Or email: reslickLSW@gmail.com

- Pikes Peak Christian Church Counseling Center
<https://www.yes2god.org/carecenter/counseling/>
(719) 392-8855
- TSC Counseling Center
<https://www.thesanctuarywestside.org/counseling-center>
(719) 634-7232

Financial Resources

Socioeconomic status and finances should never prevent you or a loved one from receiving the help needed. Below are a handful of resources that can provide short term or long-term financial assistance for mental health care.

- [Second Wind Fund](#) - Second Wind Fund believes that every child and youth at risk of suicide should have access to the mental health treatment they need. We match children and youth at risk for suicide with licensed therapists in their communities. If a financial barrier to treatment is present, we pay for up to 12 sessions of therapy from one of our specialized network providers.
- St. Michael's Clergy - can pay for up to three counseling sessions with a professional health care provider if/when financial assistance is needed.
- The Oakes Home Fund - through the Episcopal Diocese in Colorado, residents of Colorado may apply for medical reimbursement through St. Michael's Episcopal Church. Contact a member of St. Michael's clergy for more information.

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