

# Guidelines and Resources for Mental Health Crisis Care in the Longmont Community

Finding the right support at the right time can lead to improved emotional well-being and resiliency. If you or someone you know is struggling with acute stress, mental health issues or feel that a mental health crisis situation exists, it can seem confusing and challenging to seek help. These Guidelines and Resources for Mental Health Crisis Care in the Community may assist you in that process.

A mental health crisis may be defined in one or more of the following ways: 1) An overwhelming emotional or mental health situation in which appropriate support, intervention or response is required; 2) A time of intense difficulty or danger; 3) An immediate threat to physical, emotional or mental health or extreme stress; 4) A time when usual coping strategies are overwhelmed or don't seem to be working; 5) A turning point toward health or illness.

This document is for informational/educational purposes only. It focuses mainly on mental health resources in Longmont and Boulder County. It does not represent a complete listing of all available care services nor is it a substitute for appropriate professional evaluation, intervention or guidance relevant to particular situations. For additional information contact agencies or providers directly for further information or assistance.

## Level 3 Situations

Loss of relationship, job, home, interpersonal/family conflict, serious injury/illness, death of family member/grief reactions, other traumatic personal events. Increased feelings of sadness/depression/anxiety/anger.

- Boulder Counseling Cooperative  
720-381-6089
- City of Longmont: Children, Youth, & Family Services  
303-651-8580
- City of Longmont: Senior Services  
303-651-8414
- City of Longmont: Victim Advocate Services  
303-651-8855
- Depression and Bipolar Support Alliance  
303-810-9629
- Grief Share: Rocky Mountain Christian Church  
303-652-6832
- Hope Light Medical Clinic Behavioral Health Services  
303-834-9338
- Mental Health Partners  
303-684-0555
- Naropa University Community Counseling  
303-546-3589
- Open Path Psychotherapy Collective  
1-800-268-2833
- Police Assisted Addiction Recovery Initiative (Substance Abuse Angels Program)  
303-651-8519 or 303-651-8424
- Robert D. Sutherland Center for the Evaluation and Treatment of Bipolar Disorder  
303-492-5680
- Rocky Mountain Crisis Services (Colorado Crisis Connection)  
1-844-493-TALK(8255) or Text to talk: 38255
- Safe Shelter of St. Vrain Valley  
Office: 303-772-0432  
24-Hour Crisis Line: 303-772-4422
- Salud Family Health Center  
303-697-2583
- Tru Hospice Community Bereavement Support Groups  
303-442-0961 or 877-986-4766

## Level 3 Situations Continued

Visit [www.BoulderCountyHelp.org](http://www.BoulderCountyHelp.org) for specific contact information for some of the resources below. There is also a list of local resources that was compiled in 2016 and is available on the Supporting Action for Mental Health website, <http://bit.ly.supportingactionformentalhealth>.

- Community Support or Self-Help Groups
- Ministers, Faith Communities, Lay Counselors, Stephen ministers
- Peer Counselors
- Private Practice Professional Counselors, Psychotherapists or Social Workers
- School Counselors and Interventionists (During school year at individual schools)

## Level 2 Situations

Unable to cope or care for self due to overwhelming emotional distress. Deterioration of normal level of functioning in previously diagnosed mental health conditions with increased symptoms. Medication issues. Marked change in sleep or appetite. Problematic behaviors related to psychosis. Increase in or preoccupation with thoughts of suicide or violence.

- Colorado Crisis Connection— 1-844-493-TALK(8255) or Text to talk: 38255
- Mental Health Partners— Emergency Crisis Services, 24 Hour Walk-In Clinic (Boulder), Mobile Crisis 303-443-8500
- Medication consultations with Psychiatrist or Primary Care Physician
- Project EDGE (Early Diversion Get Engaged) This program works with the Longmont Police Department. If you call the police and the matter involves a mental health issue the police may choose to bring an EDGE worker with them if one is available.

## Level 1 Situations

Imminent danger to self or others. Homicidal/suicidal threats or behaviors. Threats of violence or indications of intent, plan, means. Gravely disabled.

- Call 911 for immediate police response, intervention, or welfare check
- Colorado Crisis Connection—1-844-493-TALK(8255) or Text to talk: 38255
- Rape Crisis Hot Line—303-443-7300
- Hospital Emergency Departments



Supporting Action for Mental Health is a movement of local community groups, organizations, faith communities, residents, and local government working together to explore how we all can raise awareness of and take action to address mental health needs in Longmont.

For more information visit <http://bit.ly/supportingactionformentalhealth> or contact Julie Phillips, Project Coordinator, at [Julie.Phillips@LongmontColorado.gov](mailto:Julie.Phillips@LongmontColorado.gov) or (303) 651-8469.