

# Resources to Support Mental Health

If you are experiencing stress, anxiety, depression, substance use, or any other mental health condition during this pandemic, please know that there is help available. You don't have to go through this alone!

- **Students in Colorado:** contact Kären Robinson, LPC, [krobinson@rvu.edu](mailto:krobinson@rvu.edu).
- **Students in Utah:** contact Dr. Kathy Killian-Harmon, LMFT, [kkharmon@rvu.edu](mailto:kkharmon@rvu.edu).
- **0.5 FTE Faculty and staff (excluding residents):** <https://www.theeap.com/higher-education-eap>
- **Less than 0.5 FTE Faculty and staff and residents** are encouraged to contact their insurer (if they are insured) for mental healthcare coverage information or to visit Mental Health Center of Denver (Colorado) or Southwest Behavioral Health Center (Utah).
- Another option is to reach out to a trusted healthcare provider.

If you are experiencing suicidal thoughts or feelings, please call the **National Suicide Prevention Lifeline 1-800-273-8255** or the **Crisis Textline at 741-741**.