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Mental Health Resources

- CU Denver's "Red Folder" of resources about responding to students in distress
- Crisis/Emergency Information and Resources
- CU Denver Mental Health and Safety Resources
- 15-min virtual Skills for Mental Health Support training course - Click here to launch (you will be promoted to log in to your employee portal)
- One-day virtual Mental Health First Aid training - Click here for more Information. “Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use concerns. Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. This course is currently held virtually. You will be required to complete a 2 hour pre-recorded training prior to the date of the live zoom portion of the training, which is 6 hours long (with a 25-minute lunch break). The appropriate links will be sent to your email at least 1 week prior to the live zoom portion.”

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