

BUILDING HOPE RESOURCES

BUILDING HOPE SCHOLARSHIP PROGRAM

The Building Hope Scholarship program was created to improve access to mental health care for residents of Summit County. Residents who are experiencing a financial hardship can apply for a Building Hope Scholarship Voucher and receive up to 12 sessions of therapy.

- If you have questions about the program or would like to apply, please contact:

English speakers: **Ravi Jaishankar** at **970-485-6269** (office) **970-389-1151** (cell) or ravi@buildinghopesummit.org

Spanish Speakers: **Milena Quiros** at **970-485-6257** (office) **970-333-1889** (cell) or milena@buildinghopesummit.org

BUILDING HOPE COMMUNITY CONNECTEDNESS EVENTS

Building Hope offers FREE Community Connectedness Events each month. These events are designed to reduce isolation, foster meaningful relationships & connections among residents, promote emotional well-being and offer tangible tips and tools for individuals to support their own mental health. Please make sure to double check whether the event you would like to attend requires registration.

- Check out our full monthly event calendar at: buildinghopesummit.org/events

TAKE A SCREENING

Concerned about your mental health or the mental health of others?

- Take a free, anonymous mental health screening at:
<https://screening.mentalhealth-screening.org/building-hope>

MENTAL HEALTH NAVIGATION

A mental health navigator can help you if you are seeking access to mental health support and are encountering multiple barriers to receiving care. A mental health navigator does not provide therapy, but can help you find affordable therapy and prescriptions, access drug or alcohol treatment, find community resources and support groups, facilitate communication between mental health providers, and more.

- Apply online at: www.summitfirc.org/assistance/mental-health-navigation/
- Or call **970-262-3888**

PEER SUPPORT

Do you find yourself worrying about the health of your family, your friends, and yourself and don't know where to get resources? Are you feeling isolated due to continual COVID-19 restrictions? Wanna Talk? As fellow members in your community, we are here to listen, care and be your cheerleader.

- Reach out to Building Hope's Peer Program Warm Line at: **970-485-6271 and dial 1**

IF YOU OR SOMEONE YOU KNOW IS HAVING A MENTAL HEALTH CRISIS

Contact Colorado Crisis Services

Phone: 844-493-8255 | Text: "TALK" to 38255

To Dispatch Summit County's Mobile Crisis Response Team Please dial 911 and ask for help with a mental health crisis

