



University of Colorado **Anschutz Medical Campus**

**Stressed? Virtual learning and changing plans wearing you down? Want support around COVID chaos?**

**W e ' r e h e r e f o r y o u .**

# **Teacher/Educator Well-Being Support Line**

# **303-724-2500**

**C a l l o r t e x t .**

Talk to a trained Crisis Counselor volunteer who can listen and support you.  
8 a.m.-8 p.m. 7 days a week via telephone or text message.  
Free & immediate access to mental health services available as needed.

The Well-Being Support Line is a free service for all educators and school employees including ECE, K-12 programs, and higher education. The support line is available to any educator across the state including teachers, administrators, para-professionals, health care teams, and support staff.



**BRAIN HEALTH** for all, for life.

In collaboration with the University of Colorado Department of Psychiatry and  
CDPHE Colorado Spirit's Crisis Counseling Program