

## Some Mental Health Resources to Support You

Resource	Resource Description
Pandemic Support Information <a href="http://OnwardCO.org">OnwardCO.org</a>	Resource information for Colorado families to locate food, economic resources, etc.
National Suicide Hotline	1-800-273-8255
Association of Black Social Workers	Support, Resource information, & Counseling & Coaching for Black Families, Children & Communities  Contact: Jacqueline Stanton, LCSW (720) 402-9448, Dr. Darlene Sampson (303) 525-8595
Elements of Discovery (720) 507-6706 <a href="mailto:rossina@elementofdiscovery.com">rossina@elementofdiscovery.com</a>	Referral and Support for Mental Health to Therapists of Color
Private Therapists	Dr. Tony Bandele (303) 921-3633 Jason Shankle (720) 651-2556 Felicidad Fraser, LCSW *Children & Teens (720) 629-9441 (felizfraserlcsw@gmail.com)
Community-based resources	Families Forward Resource Center (303) 307-0718
Mental Health Center of Denver	Counseling/Support for mental health challenges-adults, child & teens (303) 504-7900

**African Proverb: When there is no enemy within....the enemies outside cannot hurt you!**