

Employee Mental Health

Support and Resources

If you or someone you know is struggling, support is available. Call or text the 988 Suicide & Crisis Lifeline for immediate assistance. Call 911 in an emergency.



Campus Resources

Non-Confidential Resource

Director of Employee Relations & Support

Phone: 719-389-7659

Email: doconnor@coloradocollege.edu

Confidential Resources

Employee Assistance Program (EAP)

Phone: 800-272-7255

Chaplain's Office

Phone: 719-389-6638

Email: ChaplainsOffice@ColoradoCollege.edu

Ombuds

Phone: 719-389-6110

Email: ombuds@coloradocollege.edu

Campus Advocate (Students Only)

Phone: 719-227-8101

Email: mbecker2025@coloradocollege.edu

Office: Yalich Student Services, Rm #230

National & Local

Suicide & Harm Prevention

Pikes Peak Suicide Prevention

Phone: 719-573-7447

988 Suicide & Crisis Lifeline

Phone: 719-389-6110

Text: "TALK" to **38255**

Peak View Behavioral Health

Phone: 888-530-3099 (free assessment)

Hospital: 719-444-8484

Sexual Violence

Tessa

Phone: 719-633-3819

RAINN (National Sexual Violence Hotline)

Phone: 800.656.HOPE (4673)

24/7 Online chat text "HOPE" to **64673**

Trans Lifeline

Phone: 1-877-565-8860

Employee Benefits Guide

Learn more about employee benefits available through Colorado College.

Access the [Benefits Guide](#)

