New

Online Appointment Program

Make an appointment with

A CISM team member or a Mental Health professional.

At: https://cism-ccdes.appointlet.com

Appointments may be made for one-on-one or for groups.

For any questions, please contact Tammy at tjwhiteman@chesco.org

self-care

Need Help Now

Valley Creek Crisis Center
24 Hours • 7 Days
610-918-2100

Crisis Text Line
741741

National Suicide Prevention Talk Line
1-800-273-TALK

Para ayuda en español
1-888-628-9454