

## Employee Resources

### If a life-threatening emergency

#### Examples:

- Reckless behavior
- Disorderly
- Dangerous
- Threatening (including self-harm)

- On-Campus, call Campus Safety at **303-871-3000**
- Off-campus emergencies, call 911
- **For a suicide emergency call 988** the National Suicide Hotline

## Non-Emergency Employee Resources

If you experienced...

- Sexual assault
  - Interpersonal violence
  - Stalking
  - Discrimination or harassment
- support is available

Free Confidential Counseling 24/7

- DU employees & their families
- Bilingual support
- Offering face-to-face counseling sessions

Equal Opportunity  
& Title IX Referral

**303-871-7016**  
**TitleIX@du.edu**

**SupportLinc\***

**1-888-881-5462**

[www.supportlinc.com](http://www.supportlinc.com)

Account creation code:

**Universityofdenver**

\*DU contracted 3<sup>rd</sup> party

## Responsible Reporting

All University Employees are considered a Responsible Employee. This means YOU have a Responsible Employee obligation to report potential discrimination, harassment, or gender-based violence to the Equal Opportunity & Title IX.

(excludes HCC & CAPE employees)

## We Care About You

If you would like to be contacted with additional resources, complete the form using the QR code or email

**EmployeeConnections@du.edu**  
for support referrals  
(not intended for emergencies)

## Other DU Resources

(not intended for emergencies)

Center for Advocacy, Prevention  
& Empowerment (CAPE)

303-871-3853

During business hours

Ombuds

303-871-3045

During business hours

# Mental Health First Aid Training

## Free to all DU Community Members

### Why Mental Health First Aid?

- Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders.
- This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

### What It Covers?

- Common signs and symptoms of mental illness.
- Common signs and symptoms of substance use.
- How to interact with a person in crisis.
- How to connect the person with help.

### Who Should Take It?

- Faculty, Staff, & Students

### Hear from your DU colleagues:

- “This course was so helpful and well organized and developed...I highly recommend this training to all departments. I learned so much and feel so much more prepared to help students and others in my life if a difficult situation arises...”
- “Spending time with others in my work community talking about this made it feel more like a collective responsibility to look out for the mental health of people in our community.”
- “[The class helps] participants feel both empowered and responsible, and made it clear that you don’t have to be perfect or have a lot of technical knowledge to really make a difference for someone experiencing mental-health challenges. Just being observant and kind and available goes a long way...”

### How To Sign Up

Email [MHFA@du.edu](mailto:MHFA@du.edu)



Download the  
**DU SAFE App**  
from your mobile  
app store.

It is the official safety app of the University of Denver. The app features emergency contacts, crisis alerts, location services features, in-app tip reporting, and more.