



Status: Code 4, Inc.

More Information

## Providing Mental Health Services To First Responders And Their Family Members

In response to COVID-19 and in efforts to do our part to flatten the curve, **our support services have gone virtual**. Our staff and volunteers are standing by to keep you connected during this time. You can call our main number (719) 822-3387, or you can email us at [contact@sc4i.org](mailto:contact@sc4i.org).

Additionally, if you or a loved one are experiencing a mental health crisis at any time here are a few Colorado resources:

- Colorado Crisis Center Hotline: 1-844-493-8255
- Colorado Crisis Chat at <https://coloradocrisisservices.org/>
- Text "TALK" or "Badge" or "Blue" to 741741



#TellerStrong



TELLER COUNTY COMMUNITY RESPONSE PRESENTS

### TELLER COUNTY COVID-19 + INFORMATION

Friday April 3, 2020 1 - 3 pm

View this free on-line event here: <https://tellerCOVID.com/live-stream>  
Text Your questions to: 1-720-583-5001

FOR MORE INFORMATION VISIT  
[HTTPS://WWW.TELLERCOVID.COM](https://www.tellerCOVID.com)



On April 3, 2020 we had the opportunity to be part of the Teller County COVID 19+ Live Stream community. This event provided field experts to discuss the community challenges to include mental health related topics.

On April 22, we had the honor of providing a podcast on the topic of "[Cabin Fever](#)" to Teller County residents.

We will be featured on a future podcast in May 2020 for Adult Mental Health issues.

Because of your generosity - YOU get first view!

You are getting a first peek of our latest film before we release it on Friday, April

24, 2020.

This film is a result of multiple organizations collaborating together on a Saturday and to satisfy an Air Force Academy Senior Class Assignment. This was filmed only a few days before the COVID-19 crisis began.

**Lifelines:  
Behind the Badge**

Our seventh film of our Lifelines Documentary Series captures the honest thoughts, struggles and opportunities of our local First Responders.

We plan to use this in our Resiliency classes that we provide departments to emphasize the importance of being there for each other.

Please share with your friends and let us know what you think!

---

## Testimony - Justin's Journey



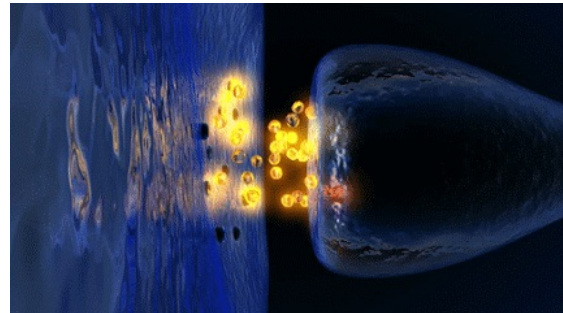
It takes a ton of courage to share our personal stories. Recently, Justin took that difficult step of sharing his trials and triumphs with Matthias, from Nonprofit Disruptors.

---

## "FOOD FOR THOUGHT"

You are invited to join us on [Facebook Live on May 4th at 12:00 pm \(MST\)](#) to learn about food that is good for your mind.

We will explore how **common affordable food** can help minimize the effects of **stress and fear** and improve overall well being. It is our way of giving back to you **YOU!**



---

**#GivingTuesdayNow** is a global day of giving and unity that will take place on **May 5, 2020** as an emergency response to the unprecedented need caused by **COVID-19**.

MAY 5  
2020

Giving  
Tuesday  
NOW

The global day of giving for nonprofits is usually on the first Tuesday after Thanksgiving. NOW, a special event is planned for May 5th because of what's happening in the world. Check out our local giving campaign, presented by the Nonprofit Cooperative of Teller County.

Get Together  
in Support



Our organization is included in this campaign. Check it out here:  
[givingtuesdaytc.eventbrite.com](https://givingtuesdaytc.eventbrite.com)

SC4i is one of 26 nonprofits of the Nonprofit Cooperative of Teller County, Colorado that are coming together to take part in this global day of giving. You can contribute to one, some or all of the nonprofits.

Please consider contributing to our movement so we can do more!!

---

## UP-COMING EVENTS

Colorado Advocacy in Action Conference, June 10, 2020, Presenter: *Provider Mental Readiness* — *Resiliency to Vicarious Trauma, Compassion Fatigue and Burnout IS Possible*

CO NENA APCO 2020 Conference, Digital Takeover, July 2020, Breakout Session  
Presenter: *Dispatcher Mental Readiness and Resiliency to Vicarious Trauma, Compassion Fatigue*



## SAVE THE DATE

Our 3rd Annual Golf Tournament is now scheduled for July 24, 2020. Shotgun Start is 0800.

We would be happy to support a site visit for you in the near future.

We are located at:  
2860 South Circle Dr., Ste. 300  
Colorado Springs, CO 80906  
(719) 822-3387



Email Us