

At-a-Glance Mental Health, Community & Wellness Resources

National Crisis Lines

(IF SITUATION IS LIFE-THREATENING CONTACT 911 IMMEDIATELY)

US National Suicide Prevention Lifeline Call 988 - Languages: English, spanish; <https://suicidepreventionlifeline.org/> (Deaf & Hard of Hearing Options): 1-800-799-4889

US National Alliance on Mental Illness (NAMI) 1-800-950-NAMI - nationwide network and search function for support and education; <https://www.nami.org/Support-Education/NAMI-HelpLine/Top-HelpLine-Resources>

US Samaritans 877-870-HOPE (4673) - registered charity aimed at providing emotional support to anyone in distress or at risk of suicide throughout the United States; <http://www.samaritansusa.org/>

US SAMHSA National Helpline 1-800-662-HELP (4357) - free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders

US Trevor Project 1-866-488-7386 - an organization that provides a 24-hour phone hotline, as well as limited-hour webchat and text options, for lesbian, gay, bisexual, transgender and questioning youth within the US; text TREVOR to 1-202-304-1200 (available M-F from 3:00 pm to 10:00 pm ET)

US Veterans Crisis Line 1-800-273-8255 - 24/7 hotline that provides phone, webchat, and text options available to military veterans and their families. It provides options for deaf and hard of hearing individuals

Local Mental Health Agencies

Colorado Crisis Walk-In Centers

[Home - Colorado Crisis Services](#)

Aurora Mental Health Center <https://www.aumhc.org/>

Jefferson Center for Mental Health (Jefferson County residents) [Homepage - Jefferson Center - Mental Health and Substance Use Services \(jcmh.org\)](#)

Mental Health Center of Denver <https://mhcd.org/> Spanish link: <https://mhcd.org/el-centro-de-las-familias-english/>

Mental Health Centers of Northern Colorado (Fort Collins & Loveland) [Mental Health & Addiction Treatments | Northern Colorado \(summitstonehealth.org\)](#)

Mind Springs (Grand Junction and western slope) mindspringshealth.org

Ellie Mental Health Mental Health centers providing therapeutic services to children, adolescents, adults, couples, and families. Centers located across the front range, from Colorado Springs to Fort Collins and spreading beyond west and to other states. [Therapy on Your Terms | Ellie Mental Health](#)

Psychology Today Therapist Finder [Psychology Today: Health, Help, Happiness + Find a therapist](#)

Colorado Community Resources

(State-wide community resources. These resources are offered to ALL Colorado residents and may ask you to enter your city or zip code to narrow down the searches.)

211 Get Connected. Get Help. [2-1-1 Colorado \(211colorado.org\)](#) **Western Colorado 211 | FREE access to health and human services information (wc211.org)**

Access to Naloxone: If you know someone who uses Opioids, please consider [stoptheclockcolorado.org](#)

Colorado Department of Human Services [Organizational structure and leadership | Colorado Department of Human Services](#)

Children's Hospital Virtual Town Halls (topics related to mental health and youth returning to sports after the pandemic)

[Virtual Town Halls | Children's Hospital Colorado \(childrenscolorado.org\)](#)

Food Bank of the Rockies (Food pantry locator)

[Food Bank of The Rockies | Colorado Food Bank \(foodbankrockies.org\)](#)

Food Resource Hotline (855) 855-4626 Statewide and Metro Denver (720) 382-2920, <https://www.hungerfreecolorado.org/>

YMCA (Before and After childcare, newcomer programs, health and well-being, fitness classes, & youth camps)

[What We Do - YMCA](#)

Cooking Matters (Fast, easy, and healthy recipes for kids and their families) [Cooking Matters](#)

County Specific Community Resources

(All-inclusive county specific community resources-topics related to seniors, youth, childcare, housing, food pantries, legal, etc.)

Adams [Community Resources | Adams County Government \(adcogov.org\)](#)

Arapahoe [ArapaSOURCE Resource Finder | Arapahoe County, CO - Official Website \(arapahoegov.com\)](#)

Broomfield [Community Resources and Partnerships | City and County of Broomfield - Official Website](#)

Colorado Springs [Community Development | Colorado Springs](#)

Denver [Community Assistance Resources | Denver Public Library \(denverlibrary.org\)](#)

Denver Metro & Surrounding Areas

Denver Public Library (Senior resources, immigration & citizenship legal help, kids & caregivers, computer help, etc.)

<https://www.denverlibrary.org/ci/index>

Metro Caring Metro Caring offers innovative programming in Healthy Foods Access, Nutrition Education and Cooking Classes, ID Procurement, Urban Gardening and Agriculture, and Community Organizing and Activation. [Metro Caring.org](http://MetroCaring.org). *To make a food appointment by phone:* Give us a call at 303-860-7200 between 9:30am -11:30am and 12:30pm -2:30pm Monday through Friday and 6:00pm -7:30pm Tuesdays.

Local Food resource (serving Boulder, Longmont, Lafayette, and Denver)

<https://www.bondadosa.org/>

Project Angel Heart (serving Denver and Colorado Springs) prepares and delivers medically tailored meals to people living with severe illnesses.

[How To Get Meals - Project Angel Heart](#)

Clothes for Kids (serving Denver Adams, Arapahoe, Boulder, Broomfield, Clear Creek, Denver, Douglas, Elbert, Gilpin, Jefferson, and Park.) Must be ages 3-21 and enrolled in preschool-12th grade or working toward a GED.

[Clothes for Kids \(school uniforms\) Clothes to Kids Denver](#)

Conflict Center Provides practical skills and training to address everyday conflict through relationship building through conflict resolution classes, restorative practices, and anger management groups.

Conflictcenter.org

Denver County residents ONLY. Link to FREE naloxone and fentanyl test strip [Overdose Prevention - City and County of Denver \(denvergov.org\)](#)

Douglas County [Strive to Thrive - Douglas County Government](#)

Family Resource Pavilion Shiloh House (serving Arapahoe & Douglas Counties) A community resource for young people and their families to go for help with a variety of life's challenges including school and behavioral issues, family conflict, drug use juvenile court involvement, and more. **The pavilion is located at 9700 E. Easter Lane, Centennial CO and can be reached 24 hours a day at 720-213-1400**

Jeffco [Jeffco Community Resources | Jefferson County, CO](#)

The Action Center (Clothing Bank, free groceries, mail collection, bill assistance, utility help, etc.)
theactioncenter.org

Jeffco Public Library (Connect to the library's social worker to help)
[Jefferson County Public Library \(jeffcolibrary.org\)](http://Jefferson County Public Library (jeffcolibrary.org))

Jeffco Families Colorado (Connecting parents and families to community resources)
<https://jeffcofamiliescolorado.org/>

Family Tree Domestic Violence Crisis line 303-420-6752 <http://thefamilytree.org/>

Evergreen Christian Outreach EChO (serving foothill & mountain area communities) Supports individuals with basic needs including food bank, shelter, utility & rent assistance, job center, and veteran support)
[Evergreen Christian Outreach](#)

Peaceworks Inc. (serving foothill & mountain area communities) Provides safe shelter, domestic violence and healthy relationship and dating education, crisis assistance, and pet safe houses)
[PeaceWorks, Inc. – Safe Shelter \(peaceworksinc.co\)](#)

Larimer [Community-Resource-Packet-9.30.2020.pdf \(n2n.org\)](#)

Larimer Health District [Connections - Adult Services | Health District of Northern Larimer County](#)

Mesa [Community Resources - Mesa County, Colorado](#)

Weld [Community Resource Guide – Weld County \(weldgov.com\)](#)

Grief and Bereavement Resources

What's your Grief A website founded by grief counselors providing a variety of support, including resources related to understanding and coping with grief and loss, guidance on how to help a grieving friend or family member, online courses about grief and supporting someone who's grieving, resources, education, and training for grief counselors, grief volunteers, and other professionals working in fields related to grief and loss, a podcast about grief, a supportive community for grieving people [What's your Grief - A Grief Website for the Rest of Us](#)

The Dougy Center Grief resources, talking points, and toolkits for those who are grieving [The Dougy Center for Grieving Children & Families](#)

MISS Foundation The MISS Foundation provides Family Support Packets with information and resources for bereaved parents, grandparents and siblings. Upon request, they will connect you with a volunteer HOPE mentor. The MISS Foundation also has support groups in some communities, as well as counseling options and referrals. In this section, we offer a variety of resources for bereaved family members. [MISS Foundation | Support for Bereaved/Grieving Parents & Families](#)

The Heartlight Center (Offers in-person and virtual options) We all grieve differently, and support needs can be different. Heartlight Center offers a variety of support groups, workshops, seminars and resources for individuals and organizations so that you can access the support that is meaningful to you.

[Grief Resources and Info - HeartLight Center - Grief support and education](#)

Heartlight Center

Childcare & Senior Caregiving Resources

Colorado Childcare Finder [Colorado Shines | Families](#)

Care.com Childcare, Senior care, tutoring, housekeeping, daycare, and pet care resources
[Care.com](#)

Summer Camps (serving Denver, boulder, and Colorado Springs) Summer camp locations
[Summer Camps Locations | KidzToPros](#)

Foster Source A nonprofit organization offering trauma education, relief services and therapeutic services to foster and kinship families throughout Colorado.
[Foster Source: Home](#)

AgeWise Colorado (Serving all of Colorado) A website that houses all things to help caregiver's make powerful, knowledgeable, informed choices with, by, and for your aging loved ones in Colorado. [AgeWise Colorado - Resources for Seniors and Their Families](#)

Senior Resource Center (serving Denver Metro area) Helping seniors continue to live independently and with their daily routine
<https://www.srcaging.org/services/>

Colorado Senior Resources Center (located in Englewood) Helping Colorado Seniors find affordable housing, nursing homes, day care, and retirement. Offers a directory of senior resources.
[Colorado Senior Resources](#)

Innovage (PACE centers are located in Aurora, Denver, Lakewood, Northern Colorado, Pueblo, and Thornton) Offers all-inclusive care to seniors in Colorado.
[Colorado PACE InnovAge](#)

Colorado Division of Aging & Adult Services
1575 Sherman Street; 10th Floor, Denver, CO 80203
(303)866-2800
[Colorado Division of Aging & Adult Services](#)

Senior Support Services
846 E 18Th Ave, Denver, CO 80218
(303)832-1622
[Senior Support Services](#)

Caregiver Support- The National Family Caregiver Support Program (NFCSP) was created during the reauthorization of the Older Americans Act in 2000. The goal of the NFCSP is to provide services to caregivers aiding older adults, as well as grandparents over age 60 raising grandchildren. Services include information about overall services, individual counseling, organization of support groups, and caregiver

training to assist the caregivers in making decisions and solving problems relating to their caregiving roles, Respite care, Supplemental services, home modifications, Assistive technologies, Emergency response systems, Equipment/supplies, Legal Assistance- If you are a caregiver who wants to learn more about how the NFCSP can help you, contact your local Area Agency on Aging or call 303.866.2800 or 1.888.866.4243. Services are targeted to adults age 60 and older with the greatest economic and/or social need. Legal services are provided free of charge. [National Family Caregiver Support Program | Office for the Aging \(ny.gov\)](#)

Western Slope Specific Resources

Northwest Colorado Area Agency on Aging Offers senior resources and support [AgingCare.com](#)

Aging and Disability Resources for Colorado [Colorado Department of Human Services](#) Call 1.844.265.2372

Veterans Community Living Centers [Colorado Department of Human Services](#)

Senior Care in Mesa County, CO [Visiting Angels Grand Junction](#)

The Grand Junction Regional Center has both Intermediate Care Facilities/Intellectual Developmental Disabilities (ICF/IDD) homes and Home and Community Based Services Waiver (HCBS Waiver) homes throughout the community. The center serves a diverse population, from people who have high abilities but are a high risk to themselves or others to people who have significant medical challenges.

Programs are individualized to meet varying needs. Services provided range from residential services and health services to mental health intervention. Grand Junction Regional Center provides day program, vocational and specialized habilitation, speech, occupational therapy, therapeutic recreation, and nutritional services.

Angela Green, Director
703 23 2/10 Road
Grand Junction, CO 81505
Phone: 970.245.2100
Email: angela.green@state.co.us

****Please click on attached flyer**** Risk planning for your family finances and future - ARAG services flyer.pdf (Legal & financial document support)

Health and Mental Wellness Apps & Podcasts

Calm (App) Learn ways on how to get a better night sleep, practice daily meditation, and mindfulness skills.

Happify (Free App) Helps build resilience and manage everyday stress and life's challenges.

Mystrength (App) *Kaiser Permanente members only* a personalized program that helps you improve your awareness and change behaviors. can explore interactive activities, in-the-moment coping tools, community support, and more at no cost.

Thinkup (App) You can find this positive affirmation app on Google play store. This app comes with a list of positive statements you could use every day.

Shine (App) This app was created with external phrases to help you on your journey. Once you have signed up, you'll start receiving text messages daily.

Smiling mind (App) This is one app that will help you practice mindfulness. This app is handled by educators, psychologists, and scientists.

Louise hay affirmation meditation (App) Louise hay has been of help to many people with her positive philosophy.

Healthily Health guide & Self-care tracker (App) Build healthy habits and track them.

Headspace (App) Learn to manage feelings and thoughts with the lifelong skill of everyday mindfulness, any time of the day.

Yoga Tools from Sadhguru (App) Bite-sized yoga practices for health, success, joy, inner exploration, love, and your overall wellbeing.

Whisk (App) Promotes healthy eating by providing easy healthy recipes and a grocery shopping list.

Happiness Lab (Podcast) Offers useful advice and comments on how to live a happier more present life.

The Mel Robbins Podcast (Podcast) Every episode is packed with deeply relatable topics, tactical advice, hilarious screwups, compelling conversations, and the tools and inspiration you need to create a better life.

Huberman Lab (Podcast) Dr. Huberman discusses neuroscience: how our brain and its connections with the organs of our body control our perceptions, our behaviors, and our health.

Lumosity (App) Exercise your memory, reasoning, and more with this cognitive training program

Dare To Lead/Unlocking Us (Podcast) Brene Brown is particularly known for her research on shame, vulnerability, empathy, and leadership. Her down to earth way of teaching her areas of studies is inspirational and attainable.

Personal Growth Websites

UNICEF A website resource for parents covering topics such as child development, childcare, health, and food and nutrition through free parenting classes, videos, articles, and pages.

[UNICEF Parenting](#) | [UNICEF Parenting](#)

John Hopkins Medicine Wellness and Prevention
[Wellness and Prevention](#) | [Johns Hopkins Medicine](#)

Learn more about self-compassion and learn how to practice how to be kind to yourself
<https://self-compassion.org/>

Learn basic Dialectal Behavioral Therapy (DBT) Tips

<https://www.manhattancbt.com/archives/1452/dbt-tipp-skills/>

Learn about how you can have screen life balance and break up with your phone

[Screen/Life Balance \(screenlifebalance.com\)](https://screenlifebalance.com)

Learn a variety of ways of managing your stress

<https://creativelifebalance.com/category/stress-management/>

Self-care activities & supportive resources for parents

[Wild Peace](#)

Motivation Hacks

<https://www.psychologytoday.com/us/blog/mental-health-nerd/202003/motivation-hacks>

Free Guided Meditations Offers a variety of short, medium, or long length meditations to help sleep better, reduce stress and anxiety, calm music, and for parents

https://insighttimer.com/happinessinsight/guided-meditations/brief-body-scan?branch_match_id=863431708648700387&utm_campaign=web-share

Learn more about the importance of Pronouns <https://www.mypronouns.org/>

Bringing proven strategies from anxiety experts to families, schools, primary care, and anyone dedicated to helping youth thrive. <https://carescenter.ucla.edu/>

Parent webinar to help understand your child's anxiety <https://carescenter.ucla.edu/child-anxiety-101/>

Drug checking, Drug testing, and Drug Education [Dancesafe.org- peer harm reduction org](https://dancesafe.org-peer-harm-reduction.org)

Parenting and childcare support <https://www.janetlansbury.com>

Resources for caregivers of teens to understand and support adolescent mental health as well as promote overall well-being. <https://www.teenline.org>

Favorite Daily Mental Health Tips & Tricks

Quick and easy tips to practice and great to practice with your family

Procrastination-7 steps to cure procrastination

[Procrastination – 7 Steps to Cure - YouTube](#)

The only way to stop procrastination-Mel Robbins

[The ONLY way to stop procrastinating | Mel Robbins - Bing video](#)

10 morning routines habits

[10 Morning Routine Habits of Successful People - YouTube](#)

How to defeat negative thinking

[Simple Trick to Stop Negative Thoughts - YouTube](#)

Positive self-talk

[Positive Self-Talk - YouTube](#)

Mental health tips from therapists

[Mental health tips from 75 therapists - YouTube](#)

5-Min Body scans

[5 Minute Body Scan Meditation - YouTube](#)

[5 Min Guided Meditation Body Scan - YouTube](#)

Breathing techniques

[Box breathing relaxation technique: how to calm feelings of stress or anxiety - YouTube](#)

[How To Induce Rest and Relaxation With 2-4 Breathing | #Meditation | #RealSimple - YouTube](#)

[4-7-8 Breathing Technique - YouTube](#)

Vagus nervous exercise

[Hum to Activate the Vagus Nerve - YouTube](#)

Grounding technique

[The 5-4-3-2-1 Method: A Grounding Exercise to Manage Anxiety - YouTube](#)

Calm your anxiety in 2 minutes

[Calm your anxiety in 2 minutes! - YouTube](#)

Neuroplasticity 7 Rewiring the Brain

https://www.youtube.com/watch?v=zTuX_ShUrw0

5 quick anxiety reduction

[5 Minute Quick Anxiety Reduction - Guided Mindfulness Meditation - YouTube](#)

Learn more about Suicide and myths

<https://www.youtube.com/watch?v=ppSAIO9pmPA>

Importance of Timing

[Daniel Pink's 'When' Shows the Importance of Timing Throughout Life: NPR](#)

Articles and Websites

Parent Support (talking points, relationship help and support)

<https://www.youtube.com/watch?v=QSAvPgqQ2L0&t=112s>

<https://www.mentalhelp.net/blogs/motivating-adolescents-toward-responsible-choices-part-ii/>

Psychology today- Motivation Hacks

[Productivity Hacks, Systems, and Techniques | Psychology Today](#)

The Science of Gratitude: How Thankfulness Impacts Our Brains and Business

forbes.com

Psychology Today- Gratitude& Well-Being

[Science Proves That Gratitude Is Key to Well-Being](#)

Time Management Tips & Tricks

[“To do” to “Done”, Tada! - Habitgrowth](#)

Time Management Tips

<https://www.inc.com/minda-zetlin/overwhelmed-time-management-context-switching-prioritizing-anna-dearmon-kornick.html>

Article explaining Denver’s overdose prevention program. [https://www.msn.com/en-](https://www.msn.com/en-us/news/crime/denver-e2-80-99s-overdose-prevention-program-providing-narcan-26-fentanyl-test-strips/ar-AAUbtfx?ocid=uxbndlbing)

[us/news/crime/denver-e2-80-99s-overdose-prevention-program-providing-narcan-26-fentanyl-test-strips/ar-AAUbtfx?ocid=uxbndlbing](https://www.msn.com/en-us/news/crime/denver-e2-80-99s-overdose-prevention-program-providing-narcan-26-fentanyl-test-strips/ar-AAUbtfx?ocid=uxbndlbing)

Books and Authors- Self Help

Great book list for personal growth and parenting [WP Bookshelf — Wild Peace](#)

Atlas of the Heart

Dare to Lead

The Gifts of Imperfections

By Brene Brown PhD

Buddha’s Brain: The Neuroscience of Happiness, Love, and Wisdom

Hardwiring Happiness

Resilient

Neurodharma

By Rick Hanson PhD

Fierce Self-Compassion

The Mindful Self-Compassion Workbook

By Kristin Neff PhD

The Whole Brain Child

By Daniel Siegel PhD

The Body Keeps the Score

By Bessel Van der Kolk PhD

What Color Is Your Parachute?

By Richard Bolles

Upside of Stress

By Kelly McGonigal

Wherever You Go There You Are

By Jon Kabat-Zinn

The Boy was Raised by Dogs

By Bruce Perry PhD

When: The Scientific Secrets of Perfect Timing

By Daniel Pink

<http://www.efintheclassroom.net/>

<https://www.infobase.com/blog/sel-beyond-responsible-decision-making/>

<http://colordodge.com/Kaleidoscope/>

<https://www.emofree.com/-tapping>

[https://sethperler.com/-EF skills](https://sethperler.com/-EF-skills)

<https://angeladuckworth.com/grit-scale/>