

Some Tips on Coping for You and Your Family

For You:

- Avoid excessive exposure to media coverage
- Connect through calls/texts/internet
- Add extra time for daily stress relief
- Practice self-care (get adequate rest, bathe daily, go for a walk, eat regularly, connect daily with a loved one)
- Focus on your mental health (talk about your worries with someone you trust)
- Practice mindfulness: focusing on a present moment rather than letting your mind wander, engage your five sense to focus on the activity at hand, remind yourself this is temporary
- Surround yourself with upbeat music, comedy, funny shows
- If you are missing physical contact with others:
- Focus on self-soothing with touch by giving yourself a foot rub, doing a face mask, painting your nails, etc.
- Get a pillow or stuffed animal and hug that instead, if needed add a loved one's shirt to it so you still feel connected
- Focus on other ways you can show/receive love such as acts of service, words of affirmation, gifts

For Kids:

- Reassure them they are safe
- Educate them on ways to keep germs away (YouTube has a good glitter and soap example to demonstrate)
- Let them talk about their worries or create a Worry Jar
- Share your own coping skills
- Limit their news exposure
- Create a routine, structure with them
- PLAY!

Behavioral Health and Wellness at Centura Health

Porter Assessment Center for Behavioral Health: offers Level of Care Assessments for anyone with any type of insurance, or self-pay. These appointments are about 2 hours long and you will meet with a clinician either in-person or virtually who will connect you to services that best fit your needs including medication management, IOP, substance use, and/or individual therapy.

Call 303-715-2300 to schedule!

Appointments are currently conducted on Zoom/Telehealth.

Integrated Behavioral Health: Several Primary Care clinics with Centura Health offer services with an Integrated Behavioral Health Clinician to provide short-term support with issues like depression, anxiety, relationship issues, coping skills, developing and maintaining health goals, and referrals to ongoing mental health services.

Ask your primary care provider today if you'd like to see a clinician!

Reigel Center: Part of Behavioral Health Services offered by Penrose St. Francis in Colorado Springs, Reigel Center offers substance use IOP groups for adults during daytime and evening hours.

For more information, call 719-776-6850

Community Behavioral Health

Community Mental Health Centers & organizations like Heart-Centered Counseling accept Medicaid and Medicare and are open with additional screening protocols and the ability to do telehealth (virtual therapy sessions via video chat platforms—these require Smartphone and/or tablet or laptop with camera access). They provide an array of services, including therapy, medication management, and substance use services. Call to find out more:

- AllHealth Network 303-730-3303
- Aurora Mental Health 303-617-2300
- Community Reach Center 303-853-3500
- Jefferson Center for Mental Health 303-425-0300
- Aspen Point (Colorado Springs) 719-572-6100
- Solvista Health (Fremont County) 719-275-2351
- Mental Health Center of Denver 303-504-7900
- Mental Health Partners (Boulder) 303-443-8500
- Mind Springs Health (Summit County/Western Slope) 970-668-3478
- Health Solutions (Pueblo, Huerfano & Las Animas) 719-545-2746
- Heart-Centered Counseling 970-310-3406

Substance Use Services

Virtual AA: <https://daccaa.org/meetings/> (the meeting will have ONLINE/PHONE next to it, click it and zoom numbers will show)

Virtual NA: <https://virtual-na.org/meetings/> all meetings listed are virtual

Crossroads' Turning Points: 1-800-304-3758

West Pines: 303-467-4080

Jade Recovery: 833-523-3669

Parker Valley Hope: (303) 841-7857

Crestone Program at Health Solutions 719-545-2746

Other Resources

National Domestic Violence Hotline: call **1-800-799-7233** for immediate support. Many shelters are still able to accommodate intakes with extra screening questions. For local support contact SafeHouse Denver at **303-318-9989**

Colorado Dept of Public Health & Environment COVID-19 Info <https://covid19.colorado.gov/>

Let's Talk: Behavioral Health Resources specific to COVID-19 <https://letstalkco.org/>

Crisis Support

If you are in a behavioral health crisis and need immediate support, please call:

Rocky Mountain Crisis Partners at **1-844-493-8255** or text **TALK to 38255**

to connect with a counselor right away. This support line also provides Peer Specialists to talk to, even if you are not in crisis.

The Trevor Project—Crisis Support for the LGBTQ Community: **1-866-488-7386**

Information on firearm safety & storage during a crisis:

<https://coloradofirearmsafetycoalition.org/>