

MENTAL HEALTH RESOURCES

We are all doing our part to address COVID-19, and it's not easy. You may be feeling stressed, depressed or worn out right now—those feelings are normal during times of crisis and trauma. Talking about how we feel and starting that conversation with others supports our own health and the well-being of our entire community. We'll get through this together. Learn more strategies and tips at <https://letstalkco.org/>



Strategies for taking care of your mental health

STAY CONNECTED

Call, text, email or web chat with the people in your life. Talk about how this situation makes you feel and ask them to do the same. Talk about unrelated, lighthearted and enjoyable topics too.

MAINTAIN A ROUTINE

Schedule time for responsibilities and household duties, as well as time to relax or do something rejuvenating like taking a bath, listening to music, exercise, go outside.

SUPPORT OTHERS

Studies prove that helping others in times like these is beneficial to the person receiving help and those offering it. Checking in with your community, especially those who are older or may already be isolated, is just one way you can help.

BE KIND (TO YOURSELF AND OTHERS)

We won't always handle things perfectly or be as organized and productive as we were before this began. We may lose our temper, forget things, or get behind on chores. Be patient and gentle with yourself and others.



MENTAL HEALTH RESOURCES AVAILABLE IN OUR COMMUNITY

Find and explore resources in your community to find the right one for you.

Mental Health Partners: New clients and appointments: (303) 443-8500. 24/7 Walk-in Crisis Center & Addiction Services: 1-844-493-TALK or text TALK to 38255

The Trevor Project: Call 1-866-488-7386 or text START to 678678, for 24-hour, toll-free confidential suicide hotline for LGBTQ youth.

Trans Lifeline: Call 1-877-565-8860. Trans Lifeline's Hotline is a peer support service run by trans people.

The National Sexual Assault Telephone Hotline: Call 1-800-656-HOPE (4673) to be connected with a trained staff member from a sexual assault service provider in your area.

Colorado Crisis Services: Call 1-844-493-TALK (8255), text "TALK" to 38255, or go to www.coloradocrisiservices.org to access a live chat available in 17 languages. Help and hope are available 24/7.

Health Coverage: Apply for Health First Colorado (Colorado's Medicaid program) through Colorado Peak, the MyCOBenefits mobile app, or by contacting a Health Coverage Guide with the Boulder County Assistance Site at healthcoverage@bouldercounty.org.

For comprehensive resources during COVID-19—including food and financial assistance, rent support, and more community services, please visit: www.boco.org/COVID-19Resources