

Have you been feeling stressed, anxious,
or overwhelmed because of COVID-19?

You're not alone!

Colorado Spirit is here for you every step of the way. All services are free, confidential, and can be conducted virtually or over the phone:



- ✓ Individual *and* Group Crisis Counseling
- ✓ COVID-19 recovery support
- ✓ Tips & strategies to successfully cope with COVID-19 related emotions
- ✓ Community networking, connections, support, and resources
- ✓ Assessments and referrals to additional relief, mental health and substance use services

Colorado Spirit has partnered with Jefferson Center and the Colorado Department of Public Health and Environment (CDPHE) to provide community-based support, resources, and outreach during the pandemic. Unlike traditional mental health providers, Colorado Spirit crisis counselors do not diagnose or treat mental illness. Instead, mental health professionals and paraprofessionals aim to provide Coloradans with disaster recovery support through various services. Providers can also help people understand and manage stress, develop coping strategies, and connect anyone with other resources they might need.

Resource line: 720-731-4689

Co_spirit@jcmh.org

24/7 crisis line: 1-844-493-8255

