

Imagine! Mental Health Resources

If you have an additional resources, please do not hesitate to let us know and we will add it to this document. You can send resources to fhobbs@imaginecolorado.org.

If you would like to talk to someone:

- Call the Mutual of Omaha Employee Assistance Program – **800-316-2796**
 - This **free** service is available to all Imagine! employees, 24 hours a day, seven days a week
- Schedule a therapy appointment through Kaiser Permanente – **303-471-7700**
- Chat online with volunteer listeners through 7 Cups (this service is **free**) – [7 Cups 24/7 Chat](#)
- Quick guides to mental health resources in our community are available [here in English](#) and [here in Spanish](#).
- [Mental Health Partners: \(303\) 443-8500](#) Mental health and addiction recovery services are available for Mental Health Partners (MHP) clients and community members. Clinicians are operating remotely at this time. Individual clinicians will contact patients for appointments and changes. See the MHP flyer in [English](#) and [Spanish](#) for details.
- Colorado Crisis Hotline (24/7): [1-844-493-TALK \(8255\)](#)
- [Disaster Distress Helpline](#): Call 1-800-985-5990 or text TalkWithUs to 66746. The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.
- **Community Health Workers**: Community Health Workers is a virtual team of Mental Health Partner's providers who are available on Facebook to connect to the community. Community Health Workers are available to share resources, connect people to resources, and share helpful tips. The team's expertise includes housing, veteran affairs, and Latinx communities. Connect to Community Health workers [on Facebook](#) or through the [Mental Health Partners website](#).
- [National Helpline](#): Treatment referrals and information is available 24/7 at [1-800-662-HELP](#).
- **Suicide Prevention**: The Suicide Prevention Hotline has people available to provide free and confidential support 24 hours a day at 1-800-273-8355. See their [website](#) for additional supports.
- [National Suicide Prevention Lifeline](#): The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals at 1-800-273-8255.
- [Colorado Suicide Prevention](#): Need help now? Call 1-844-493-TALK (8255), text TALK to 38255, or access chat via www.coloradocrisisservices.org. Help and hope are available 24/7.
- [Boulder County Crisis Counseling Program \(BCCC\)](#): Created by the Community Foundation Boulder County and Jewish Family Service, the BCCC offers mental health services to individuals and families directly impacted by COVID-19 (and pandemic related stress/anxiety/depression) and the wildfires, and easily connects them to licensed mental health providers in Boulder County. <https://www.jewishfamilyservice.org/voucher-client>
- **Kaiser Permanente to Offer Members Emotional Support Coaching With the Ginger App!** Kaiser Permanente is always striving to offer our members more ways to access support for total health – mind, body, and spirit. We offer our members emotional support coaching at no cost via the Ginger app.
 - What You Should Know

- Ginger is an on-demand mental health care company, and their Ginger app is the first tool to provide emotional support coaching via text message at Kaiser Permanente. The Ginger app offers one-on-one support for coping with many common challenges – from stress, grief, and low mood to issues with work and relationships.
- o Members will be able to:
 - Text with their coach anytime, anywhere
 - Discuss their goals, share challenges, and create an action plan with their coach
 - Get personalized, interactive skill-building tools from their coach from a library of more than 200 activities on the app
 - View recaps from each texting session, track progress, and more
- o The Ginger app can be used for 90 days per year at no cost
- o Download Ginger now at kp.org/coachingapps/co

If you would like to distract yourself:

- [The Best Comedies to Stream On Netflix Right Now](#)
- [The 25 Best Feel-Good Movies to Watch](#)
- [15 feel-good books guaranteed to lift your spirits](#)
- [14 of the best feel-good books](#)
- [19 Video Games to Play When You Need to Relax](#)

If you would like to relax or meditate:

- Calm app is available to Kaiser Permanente members at no cost – [Download Calm App](#)
- [5-Minute Meditation You Can Do Anywhere](#)
- [Meditation For Inner Peace - Yoga With Adriene](#)
- [Meditation for Anxiety - Yoga With Adriene](#)
- [100 Most Relaxing Songs \(Spotify\)](#)
- [40 Ways to Relax in 5 Minutes or Less](#)

If you would like to practice self-care:

- [29 Self-Care Tips to Boost Your Mental Health](#)
- [25 Ways You Can Practice Self-Care Every Single Day](#)
- [10 Self Care Journaling Ideas to Nurture Yourself](#)

If you would like to support the families:

- [Donate to Elevations Foundation/Elevations Credit Union Victims' Assistance Fund](#) – Each donation will be matched up to \$200,000 until April 6th.
- [Donate to the Boulder County Crisis Fund](#) organized by the Community Foundation serving Boulder County, City of Boulder, Rose Community Foundation, Together Colorado, and the Colorado Healing Fund.

- [Donate to the Colorado Healing Fund](#) – This is a nonprofit organization that collects donations to support victims of mass tragedy.

Additional resources and information:

- [Coping in the aftermath of a community tragedy flyer](#)
- [Talking To Children About Violence](#)
- [Resources/Recursos for Traumatic Events](#)
- [Resources for mental wellness in times of mourning](#) provided by Mental Health Partners Colorado.
- [Healing Our Heroes Program](#) – One free acupuncture appointment and one free 65 minute massage to frontline workers provided by Mark Reeves at the Inner Ocean Center for Healing.

Please note, if you receive any inquiries from the media, please forward them to the Fred Hobbs, Director of Public Relations – fhobbs@imaginecolorado.org.