

Counseling Resources in the Denver/Boulder Metro Area

1) Raimy Clinic Muenzinger Psychology Building, 2nd floor, at CU Boulder

Psychotherapy provided on a sliding-fee scale by doctoral students in the clinical psychology program at CU-Boulder.

Website: www.colorado.edu/clinicalpsychology/raimy-clinic

Phone: (303) 492-5177

2) Mental Health Partners

Non-profit community health agency with low-cost services and multiple office locations around Boulder County.

Website: www.mhpcolorado.org/

Phone: (303) 413-6263 request services, (303) 447-1665 psychiatric emergencies.

3) Community Reach Center:

Low-cost mental health center serving Adams County and the north Denver metro area.

Website: www.communityreachcenter.org/

Phone: (303) 853-3500

4) Rocky Mountain Cancer Centers Support Groups

Currently held by Zoom video conferencing

Please contact Leslie Kantor-Reid, LCSW at (303) 418-7683 for details

Additional National & International Resources

How Can I Manage Stress?

American Heart Association pamphlet

www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/lower-stress-how-does-stress-affect-the-body

Printable pamphlet with easy-to-understand information on: What is stress? How does stress make you feel? How can I cope with it? How can I have a more relaxed life? How can I learn more?

Stress Tip Sheet

American Psychological Association

<http://www.apa.org/helpcenter/stress-facts.pdf>

Printable pamphlet with easy-to-understand information on: simple ways to manage one's stress.

Managing Stress and Anxiety During COVID-19

CDC Information on Mental Health

www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html

Detailed information about working through stress and anxiety during the COVID-19 pandemic.

WHO Recommendations on Coping with Stress during COVID-19

WHO pamphlet

www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2

This pamphlet gives tips on coping with stress during COVID-19. It can be shared with those around you who may need advice on this topic.

Free Resources for self-care

Free public domain e-books: www.gutenberg.org/

Free public domain audiobooks: librivox.org/

Mindfulness meditation: www.headspace.com/covid-19

Information on healthy sleep habits:

www.health.harvard.edu/newsletter_article/sleep-and-mental-health

Online book clubs (www.Goodreads.com has many others!):

www.goodreads.com/group/show/58421-2020-reading-challenge

Online YMCA classes: ymca360.org/

Online Free Yoga classes: www.youtube.com/user/yogawithadriene

Charity Miles app: charitymiles.org/

Corepower Yoga videos, free during

pandemic: www.corepoweryogaondemand.com/keep-up-your-practice?fbclid=IwAR06C9bvdKTKSVI4yuf9nTwj-G4xJv6iSoR6w6yODgNytNzRDvi_AU9fl0A

Local Food Banks

Food Bank of the Rockies www.foodbankrockies.org/

Bienvenidos Food Bank <http://www.bienvenidosfoodbank.org/>