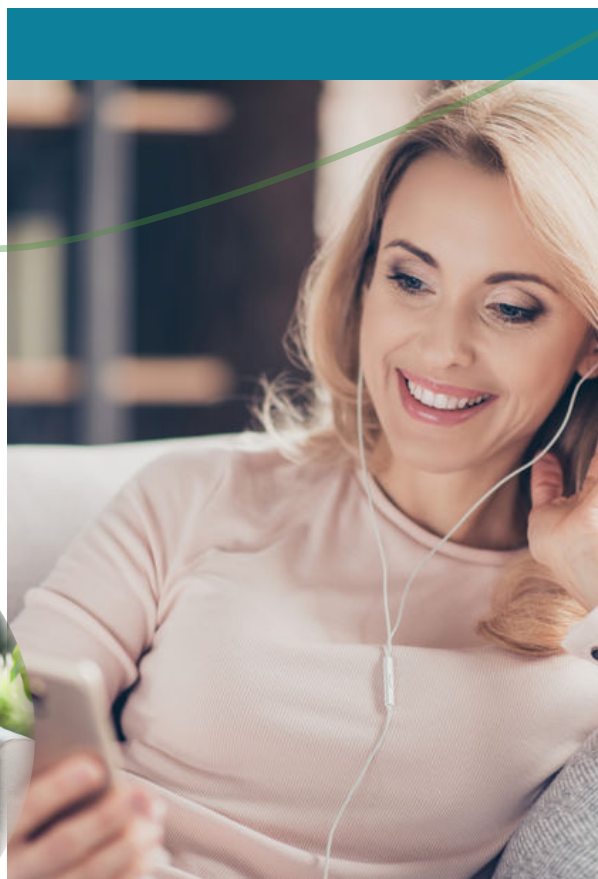


What is Colorado Spirit?

The COVID-19 pandemic has taken a toll on everyone.

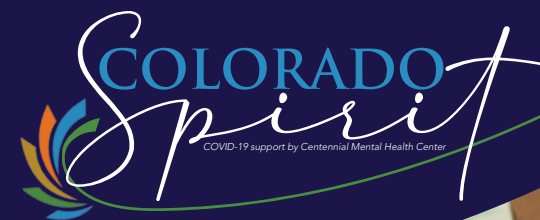
At Centennial Mental Health, help is available to you.

Through the Colorado Spirit COVID-19 Support Program, we provide assistance and confidential support to people struggling with mental and emotional challenges as a result of the crises caused by this pandemic.

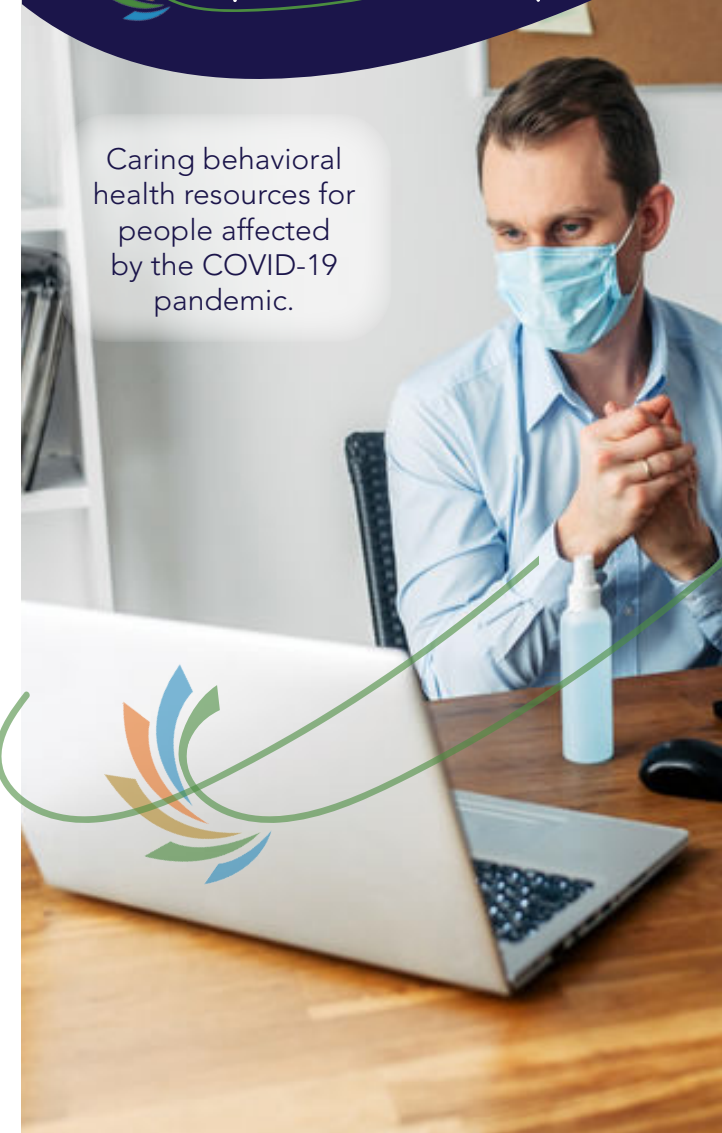


Centennial Mental Health Center's Colorado Spirit has additional resources that range from information on our website and social media, and support and resources through our Family Navigators.

Please contact us at
(970) 380-9566



Caring behavioral health resources for people affected by the COVID-19 pandemic.



Call **(970) 380-9566**
for confidential support.



If you're experiencing any or all of these feelings/needs, you're not alone:

- Anger or irritability
- Anxiety
- Basic needs
 - Food/Shelter
- Confusion or inability to concentrate
- Fear of the world around you
- Financial loss or stress
- Forgetfulness
- Guilt
- Inability to enjoy activities
- Increased use of alcohol or drugs
- Lack of appetite or overeating
- Loneliness
- Sadness or depression
- Sleeplessness
- Thoughts of suicide



These can be symptoms of pandemic-related stress.

Our Navigators don't diagnose or prescribe treatment for mental illness or substance use, but they do provide individuals and organizations with resources and referral, reassuring support and information on effective coping strategies. We understand that nothing about the world we are living in is easy. Get the support you need to embrace change and thrive.

Our Navigators are here to help!

Reach Out Now

Call the number below in order to get in touch with a Navigator to ensure you are connected to the right resources for you.

Call (970) 380-9566

We Are Here for You

When you need someone to listen – even when it's not a crisis – our Navigators connect and refer to an array of services: crisis support, family services, community education, behavioral health, and more. Our referred behavioral health services are staffed by professionals.



For Groups and Organizations

We can provide customized presentations on coping skills for the recovery process and managing disaster-related stress.



Call **(970) 380-9566** or email **Prevention@CentennialMHC.org** for more information.

Follow us on our Website and Social Media!

The internet and social media can be powerful communication tools. Follow our social media outlets to find resources and information that will help get our Colorado Spirit message out to anyone who may need it. Our website also offers a variety of support and resources for you during this pandemic.

Website: www.CentennialMHC.org

Facebook: @COSpiritbyCMHC

Instagram: @CentennialMentalHealthCenter

YouTube: @CentennialMentalHealthCenter



Reach out for help now

Call (970) 380-9566
for support and information.