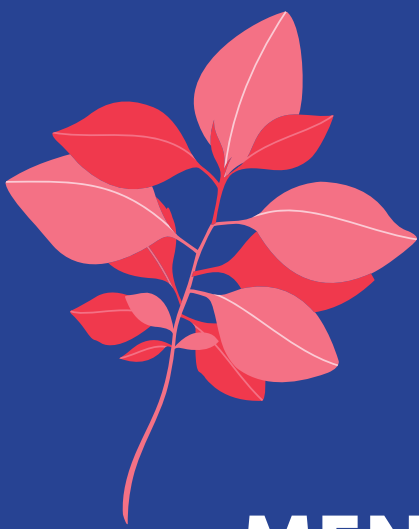


COLORADO LEGAL OBSERVERS



MENTAL HEALTH RESOURCES

If you are in immediate danger, please don't wait to get help.
Call 844-493-8255 to talk to someone who can support you.

**Are you a legal
observer experiencing
depression, anxiety,
or trauma?**

IN THIS GUIDE YOU WILL FIND

- Crisis and immediate support lines
- Sliding-scale clinic listings
- Websites, apps, and other mental health resources



COLORADO CRISIS SERVICES

- Staffed by trained professionals and peer specialists
- They encourage you to call about a variety of issues including things like anxiety, depression, stress, substance abuse, etc.

**Call 844-493-8255
or text "TALK" to 38255**

**For urgent and
immediate support**

Try one of these resources.

**Looking for
therapy?**

Keep reading for clinic listings.

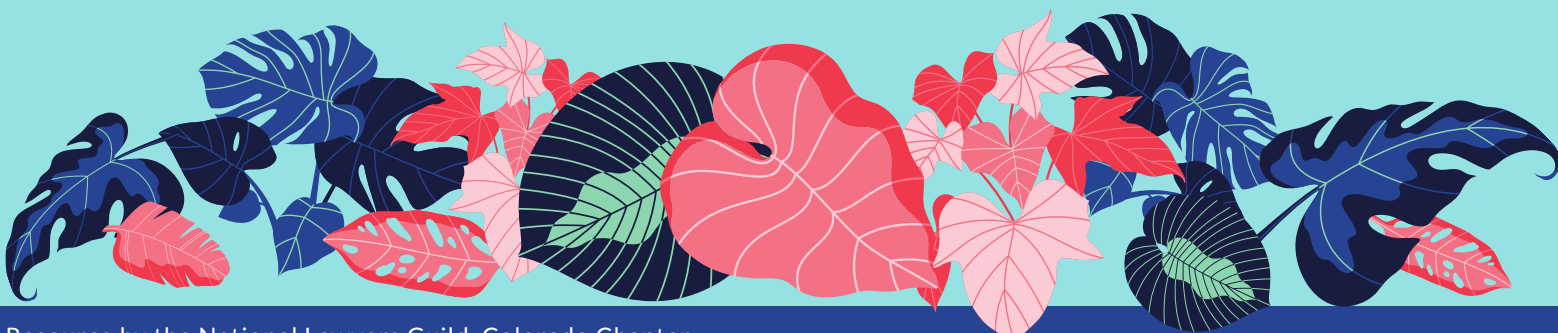
CO LAWYER ASSISTANCE PROGRAM

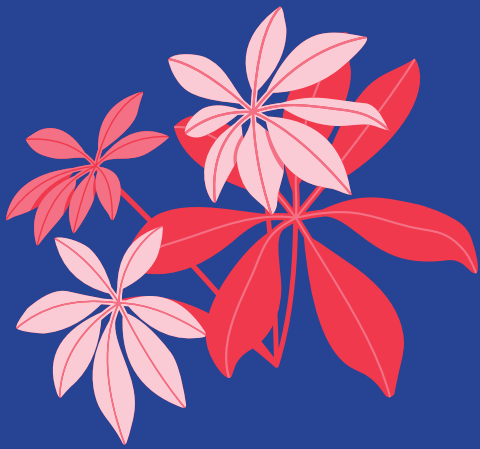
- Support for lawyers and law students
- Covers both professional and personal concerns, including mental health
- Confidential, including from the bar association

**<http://coloradolap.org/>
303-986-3345**

More Crisis Lines

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- National Hopeline Network: 1-800-SUICIDE (800-784-2433)
- Crisis Text Line: Text "DESERVE" TO 741-741
- Lifeline Crisis Chat: <https://suicidepreventionlifeline.org/chat/>
- GLBT Hotline: 1-888-843-4564
- TREVOR Crisis Hotline: 1-866-488-7386
- TransLifeline: <https://www.translifeline.org> - 877-565-8860
- Suicide Prevention Wiki: <http://suicideprevention.wikia.com>





ACCESS THERAPY

Here is a partial list of Colorado organizations providing sliding scale fees for therapy.

FRONT RANGE

MENTAL HEALTH CENTER OF DENVER

Location: Denver
Payment: Sliding scale, Medicaid, grants
Website: <https://mhcd.org>
Phone: 303-504-7900

MARIA DROSTE COUNSELING CENTER

Location: Denver
Payment: Sliding scale
Website: <https://mariadroste.org/>
Phone: 303-867-4600

PEAK VISTA ENRICHMENT AND COUNSELING CENTER

Location: Colorado Springs
Payment: Sliding scale
Website: <https://www.peakvista.org/locations/enrichment-and-counseling>
Phone: 719-344-6889

UMBRELLA COLLECTIVE

Location: Boulder
Payment: Medicaid, sliding scale
Website: <http://www.umbrellacollective.org/>
Phone: 720-663-0163

JEFFERSON CENTER

Location: Multiple locations throughout Jefferson County
Payment: Medicaid
Website: <https://www.jcmh.org/>
Phone: 303-425-0300

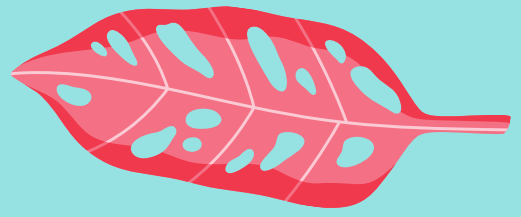
AURORA MENTAL HEALTH CENTER

Location: Aurora
Payment: Medicaid, sliding scale
Website: <https://www.aumhc.org/>
Phone: 303-617-2300

HEART CENTERED COUNSELING

Location: Locations include Littleton, Denver, Englewood
Payment: Medicaid, sliding scale
Website: <https://heartcenteredcounselors.com/>
Phone: 970-310-3406





WESTERN SLOPE

COUNSELING & EDUCATION CENTER

Location: Grand Junction
Payment: Sliding scale
Website: <http://www.cecwecare.org/>
Phone: 970-243-9539

MIND SPRINGS HEALTH

Location: Multiple locations throughout northwest CO
Payment: Sliding scale
Website: <https://www.mindspringshealth.org/>
Phone: Varies by location

SOUTHEAST

SOUTHEAST HEALTH GROUP

Location: La Junta, Lamar, Rocky Ford, Eads, Springfield
Payment: Sliding scale
Website: <https://www.southeasthealthgroup.org/>
Phone: 800-511-5446

SOUTH

SAN LUIS VALLEY HEALTH

Location: Alamosa, Antonito, La Jara, Monte Vista
Payment: Sliding scale
Website: <https://www.sanluisvalleyhealth.org/services/behavioral-health/>
Phone: 719-589-8008

SOUTHWEST

COLUMBINE BEHAVIORAL HEALTHCARE

Location: Durango
Payment: Medicaid, sliding scale
Website: <https://www.axishealthsystem.org/locations/durango/columbine-behavioral-healthcare/>
Phone: 970-259-2162

NORTH

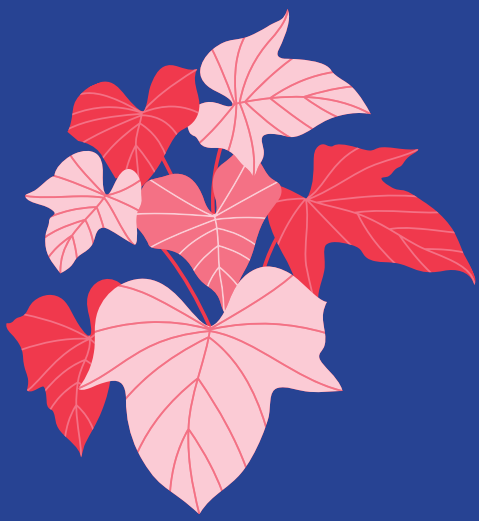
NORTH RANGE BEHAVIORAL HEALTH

Location: Greeley
Payment: Medicaid, sliding scale
Website: <https://northrange.org/>
Phone: 970-347-2120

HEART CENTERED COUNSELING

Location: Locations include Fort Collins, Greeley, Loveland
Payment: Medicaid, sliding scale
Website: <https://heartcenteredcounselors.com/>
Phone: 970-310-3406





MORE RESOURCES

Here are other resources to look at to support your mental health.

7 CUPS

- Free online chat support staffed by peer listeners
- Also provides online therapy services (not free)
- Available as an app or in your browser

**7cups.com
or download the app**

FREE APPS AND WEBSITES

These free resources may serve as a supplement to other supports.

Remember that if you need urgent support, call 844-493-8255 or text "TALK" to 38255

YOUPEP

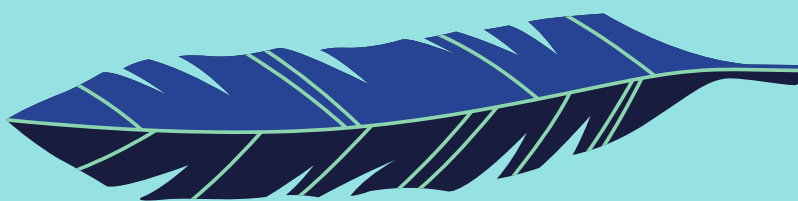
- AI-based app for mental health logging
- Log your emotions and the AI will talk you through CBT techniques to help cope with them
- Great for tracking long term issues and contributing factors

on iOS and Android

CIMHS - BLISS

- Virtual course targeting depression
- 8 self-paced lessons cover the basics of Cognitive Behavioral Therapy
- Intended to be completed over an 8-week period

<https://cimhs.com/>



MORE THERAPY RESOURCES

ONLINE/HYBRID THERAPY

OPEN PATH

Cost: one-time membership fee of \$59, then \$30-60/session after

Format: Online and in person

Website: <https://openpathcollective.org/>

Notes: Closer to traditional therapy. You join the collective and then select a therapist.

BETTER HELP

Cost: \$80/week

Format: Messaging, live chat/phone/video

Website: <https://www.betterhelp.com/>

Notes: Seems to have better support for LGBTQ+ individuals (based on intake questionnaire)

TALKSPACE

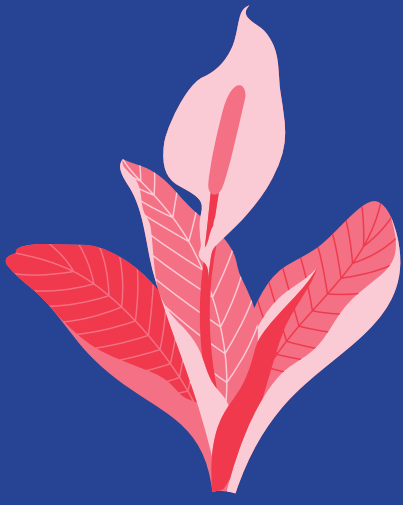
Cost: \$60-80/week

Format: Text, audio, or video messages; live video available on more expensive plans

Website: <https://www.talkspace.com/>

Notes: Offers plans with different prices and features





NAVIGATING MENTAL HEALTH AS AN LO

What can you share and with whom?
How can you take care of yourself?

SELF-CARE

This work can be stressful and traumatic. You need to look after yourself. Here are a few tips, in addition to the resources shared in this document.

Honor your brain, heart, and body's needs

You aren't an effective LO if you're exhausted, drained, or burnt-out. Make sure you check in with yourself, and remember that this is a team effort and you don't need to be at every event.

Limit things that drain your energy

Pay attention to what drains you and what feeds you. Check in with yourself as you do things like use Twitter and engage in conversations. Give yourself permission to hold distance from community trauma when you need to. Ask: do I really have the resources for this? Is this the best use of my energy?

Get help when you need it

Use the resources in this document, or go to friends or family for support. Don't attempt to manage alone.

CONFIDENTIALITY

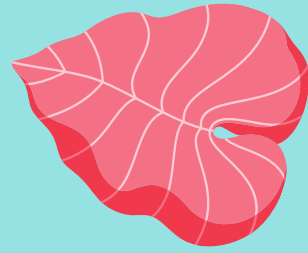
What can I share with my therapist/mental health professional?

Mental health professionals are bound by confidentiality and you should feel free to share with them.

What can I not share with my friends and other nonprofessionals?

Don't share specifics such as names or identifying details when discussing actions. Make sure not to discuss or debrief with anyone who was at the event you're talking about or might know someone there.

If you have more questions, please email core@nlgcolorado.org.



You are not alone.