

Well-Being Connection



September 2nd, 2020 | Week 21

Welcome to the Weekly Well-Being Connection! Each week we will share advice from our clinical experts on ways to care for your mental health and well-being throughout COVID-19.

Sharing New Community Resource - Colorado Spirit at AllHealth Network

We are taking a little departure from our normal weekly content to share information with you about a new program we have launched: **Colorado Spirit at AllHealth Network**. We are excited to share that AllHealth Network has received a FEMA grant that allows us to set up a **short-term program to provide FREE support to the community around the stress that life during the pandemic brings**.

Why are we sharing this with you? **We know that living with the pandemic is taking a toll on us all**. We are all having a range of reactions to the stress we are facing; we are feeling it! Each week in these posts we have shared some tips and messages of connection with you. We hope some of these have been helpful, and we know that **sometimes having a direct connection with someone to talk with can be more impactful than just reading something**. Sometimes being able to talk through our individual situations with someone can help us tap into our resilience. **Colorado Spirit has a team of counselors who can provide individual or group support** by phone or video. While our counselors do not diagnosis or treat mental health issues, we are here to listen, help connect with resources, and provide support. **And, have I mentioned? This support is FREE!**

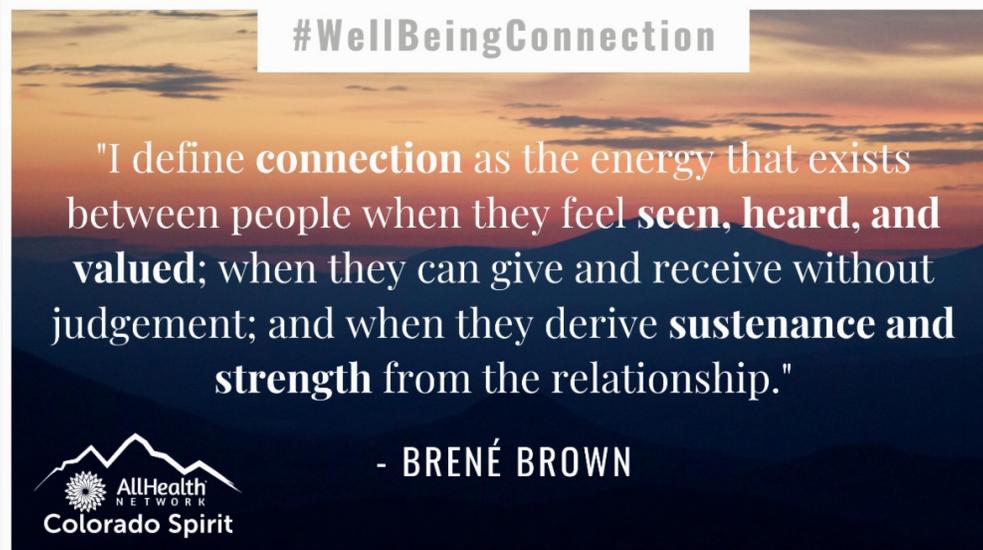
We also know many workplaces and organizations want to offer support for their communities by hosting panel discussions, support groups, or educational presentations about how to cope with the behavioral health impacts of living through highly stressful times. **The Colorado Spirit team can help with that too!**

Please visit our [new website](#) to learn more, see some of the events we are offering, or to complete our contact form. Our web page has lots of resources if you want to browse and not connect directly. We are also available by telephone – 720-707-6789. **Please don't hesitate to call us to discuss what we can do to be of service to you or your community**. We have a

team of counselors, an older adult specialist, and a child specialist along with staff who focus on media and communications. Our program is designed to be flexible and responsive to individual and community needs related to the pandemic.

While our team does not have an official motto, what we really hope to convey is the message that no one is alone. We are all feeling the impact of COVID-19, and there is support available. We are here to be of service to you, and hope we can connect to talk about what might help.

Please help us spread the word about our support by sharing the [Colorado Spirit web page](#), our contact information, and our [Facebook page](#) with your family, friends, and networks.



In addition to the Colorado Spirit Program, the SAMHSA Disaster Distress Helpline is a resource for anyone who is seeking support related to the stress of COVID, a natural disaster, or a human-caused disaster. They are available 24/7/365 at 1-800-985-5990 or by texting TalkWithUs to 66746. You can also visit their [website](#) for more information.

The Colorado Spirit Program at AllHealth Network is a Crisis Counseling Assistance and Training Program (CCP). Visit the [SAMHSA website](#) to look at an overview from the federal government about CCPs in general. The Colorado Department of Public Health and Environment (CDPHE) is overseeing the FEMA grant and provides information about all the agencies in Colorado offering CCPs [here](#).

Stay connected with us on social media!

