
Behavioral Health Guidance

Thinking about COVID-19 can be overwhelming. If you or your loved ones are feeling anxious, worried, angry, or helpless, you are not alone. Here are some healthy ways to address those feelings:

Limit the news. Regulate the amount of time you spend watching or reading about the situation. Look to reliable sources for information:

- [El Paso County Public Health](#)
- [Colorado Department of Health and Environment](#)
- [Centers for Disease Control and Prevention \(CDC\)](#)

Take care of yourself. Make sure you get enough rest and exercise.

Do things you enjoy. Read a book, watch movies or TV shows that you have meant to catch up on, learn to cook something new, or do some spring cleaning. Use the web to find online activities (some examples include [Fine Arts Center](#), [Metropolitan Opera](#) and the [Pikes Peak Library District](#)).

Take control. There are many actions you can take in your [daily life to cope with stress](#), including preparing your household, protecting yourself while running errands and caring for children and pets.

Avoid making assumptions. Someone coughing or sneezing does not necessarily mean they have COVID-19. Maintain the required physical distance of six feet and remain empathetic to those around you.

Stay Connected. Use virtual resources (such as FaceTime, Zoom, WhatsApp) to connect with friends and family on a regular basis.

Volunteer. If you are healthy, consider volunteering your time to support organizations that are considered critical businesses. Some have opportunities to volunteer from home. A list of local and immediate needs can be found [here](#).

- [Donate blood](#)
- [Foster or adopt an animal](#)

Behavioral Health Resources

- Contact your health care provider for resources. They can provide you with a list of in-network and local behavioral health providers.
- If your employer has an Employee Assistance Program, they can provide you with referrals to behavioral health specialists.

- Use the web. Please see these sites if you are feeling overwhelmed or just want to decrease your stress level:
 - Man Therapy: www.mantherapy.org
 - Headspace: www.headspace.com
 - [GRIT information here](#)
 - Mental Health America: www.mhanational.org
 - National Alliance on Mental Illness: www.namIColorado.org
 - Beacon Mental Health Resources: <https://www.beaconhealthoptions.com/mentalhealthawarenessmonth/member-resources/>
 - Mental Health America Tools for Mental Wellness: <https://www.mhanational.org/self-help-tools>
 - Free online support groups:
 - Support Group Central: <https://www.supportgroupscentral.com/index.cfm>
 - Support Groups: <https://www.supportgroups.com/online>
 - For Like Minds: <https://www.forlikeminds.com/>

Local Services

- The AspenPointe Crisis and Stabilization Unit is ready to help you access behavioral health services 24 hours a day.
 - Call (719) 572-6100
- Colorado Crisis Line - A free, confidential text or phone line to connect you with trained counselors, 24/7 right here in Colorado
 - Hotline: 1-844-493-TALK
 - Text "TALK" to 38255
- Pikes Peak Suicide Prevention - Staff and volunteers are standing by to keep you connected during this time.
 - Call (719) 573-7447
 - Text (719) 232-4875
 - Email info@pikespeaksuicideprevention.org
- Addiction Support: 1-800-459-2296 Addictions.com
- National Domestic Violence Hotline: 1-800-799-7233 24/7/365
<https://www.thehotline.org/what-is-live-chat/>
- SAMHSA's 24/7/365 National helpline -1-800-662-4357 <https://www.samhsa.gov/>

A full list of resources can be found on [El Paso County Public Health's website.](#)