

Overview of Mental Health Conditions

What is a mental illness?

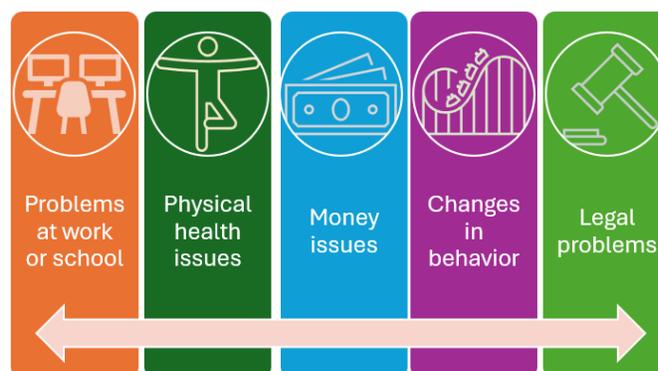
Someone has a mental illness when they have one or more symptoms that affect their thoughts, feelings or behaviors. These symptoms must cause difficulty with life's normal demands and routines. Mental illness is sometimes caused by a direct event, but can occur "out of the blue".

Early warning signs of anxiety and depression

Warning Signs of	Mood Symptoms 	Body Symptoms 	Cognitive Symptoms 
Anxiety	Scared Fearful Irritability Feeling of doom	Restlessness, feeling on edge Increased heart rate, breathing Muscle tension Low energy/fatigue Sleep difficulties	Excessive worry Rumination Intrusive thoughts Problems with concentration and memory
Depression	Sadness Anger Irritability Hopelessness	Problems with sleep Change in appetite Low energy/fatigue Body aches and pain	Poor concentration/memory Decreased interest in previously enjoyed activities Feelings of worthlessness Feeling that life is not worth living

Recognizing unhealthy substance use

- There are healthy and unhealthy ways to manage stress, anxiety and depression.
- Using substances like tobacco, cannabis, alcohol and other non-prescription drugs is one way that people manage stress in an unhealthy way.
- People turn to substances when feeling stressed because they make us feel better. They impact chemicals in the brain that control pleasure and positive feelings. They provide an "escape" from unpleasant feelings and thoughts.
- Here's a list of warning signs that substances are being used in an unhealthy way:



When to seek help and support

- When your symptoms are interfering with your daily life: family, work, hobbies, self-care
- You experience a significant decrease in your quality of life
- You are not experiencing joy
- You have thoughts that life is not worth living
 - Seek help immediately via the Crisis Line or talking with friends or family

Mental Health Resources in Colorado

988 Lifeline

988 is a free, confidential service available to anyone experiencing a mental health, substance use, or emotional crisis. Calling or texting 988 connects people to the Suicide & Crisis Lifeline

Colorado Crisis Service

- Provides free, confidential and immediate support from trained professionals and peer specialists, by calling 844-493-TALK (8255), or texting TALK to 38255. They are available 24/7/365.
- Individuals can also seek services in-person at their walk-in centers, regardless of ability to pay.
- Common reasons people reach out include depression, grief and loss, self-injury, suicidal thoughts, bullying, stress, parenting concerns, trauma, drug and alcohol use, relationship problems, family crisis, anxiety, domestic violence, being unhoused, disability, concerns for a friend or family member, recovery support, and resource questions.
- For more information, go to <https://coloradocrisisservices.org/>

Community Reinforcement and Family Training (CRAFT) Program

- A free resource that supports the family members and friends of people struggling with a substance use disorder.
- To find a CRAFT Contact in your community go to: <https://bha.colorado.gov/behavioral-health/CRAFT>

Local Mental Health Centers

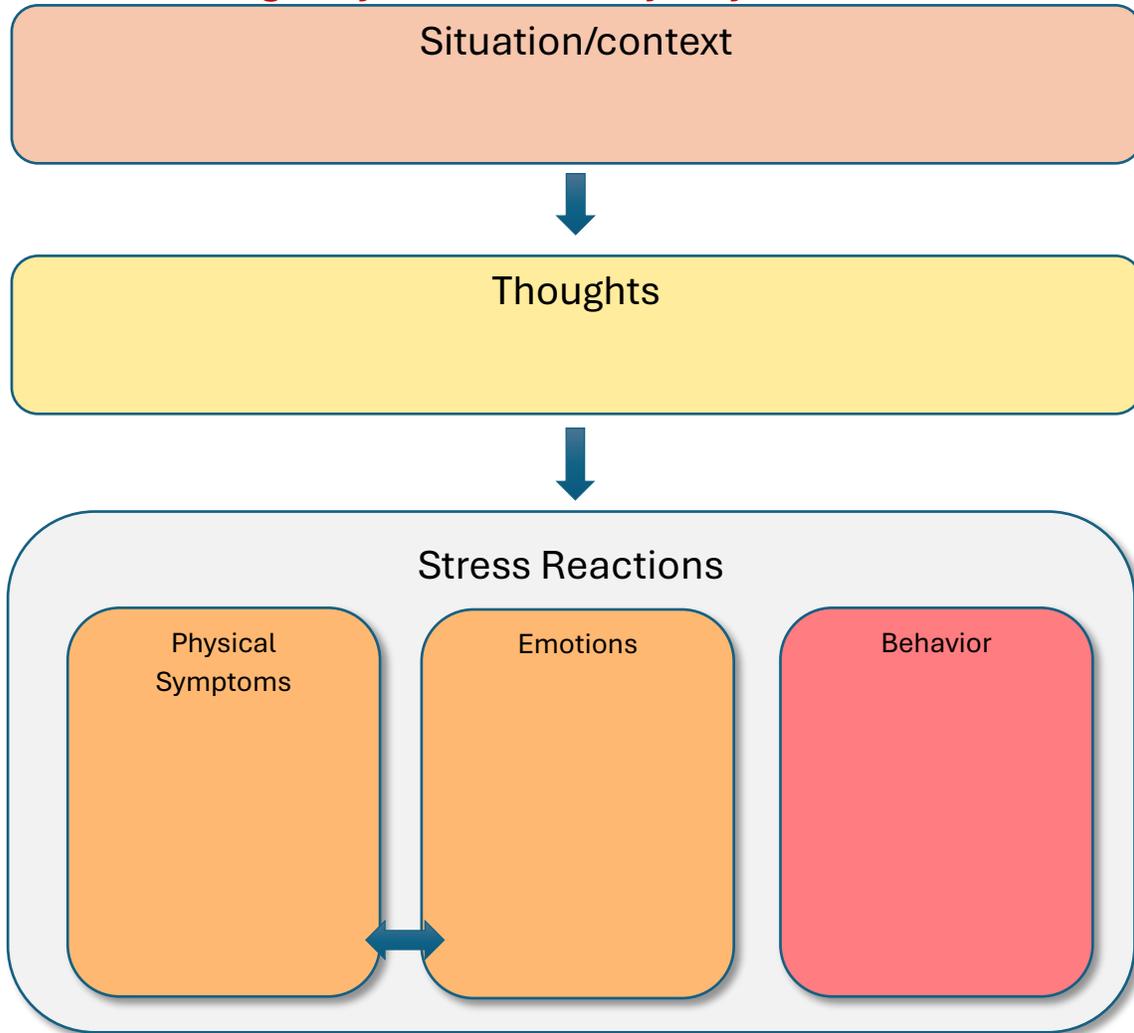
Name / Website / Phone	Additional Information
Aurora Mental Health Center aumhc.org 303-617-2300	<ul style="list-style-type: none"> • Sliding scale for Aurora residents; Medicaid/Medicare accepted; no insurance required. • Individual, group and family therapy, medication, residential services, respite care, vocational services, refugee wellness center
Centers for Counseling and Family Therapy (Regis University) 303-964-6295 (Thornton) 719-264-7027 (Colorado Springs)	<ul style="list-style-type: none"> • Sliding scale up to \$30; no one will be turned away due to inability to pay; no insurance accepted. • Counseling services for youth, adults and families
Community Reach Center communityreachcenter.org 303-853-3500	<ul style="list-style-type: none"> • Sliding scale based on income; Medicaid/Medicare accepted. • Child, youth and family services, outpatient counseling, case management, substance use, crisis services, housing, vocational services
Counseling and Educational Services Clinic (Univ of Denver) morgridge.du.edu/counseling-educational-services-clinic/ 303-871-2528 (counseling services) 303-871-6395 (assessment services)	<ul style="list-style-type: none"> • Sliding scale \$5-30 • Counseling services, psychological and learning disability assessments

<p>CU Denver Psychology Clinic https://clas.ucdenver.edu/psychologyclinic/ 303-315-7080</p>	<ul style="list-style-type: none"> • Sliding scale \$5-25. • Individual therapy for adults, children and adolescents; services for those with medical conditions that lead to stress; comprehensive assessment services
<p>El Centro de las Familias mhcd.org/el-centro 303-504-1900</p>	<ul style="list-style-type: none"> • No one will be turned away due to inability to pay; Medicaid/Medicare accepted. • Assessment/treatment ages 5+; individual, family and group therapy; psychiatric care; case management; Voz y Corazon Suicide Prevention Group;
<p>Maria Droste Counseling Center mariadroste.org 303-867-4600</p>	<ul style="list-style-type: none"> • Sliding scale fees available; Medicaid/Medicare accepted. • Individual, family, child and addiction counseling
<p>Mental Health Center of Denver mhcd.org 303-504-7900</p>	<ul style="list-style-type: none"> • Medicaid/Medicare accepted; \$30/month for uninsured; no one is turned away. • Case management, outpatient therapy, child and family, suicide prevention programs, medication, housing services, residential treatment
<p>Professional Psychology Clinic (University of Denver) du.edu/gspp/services/ppc.html 303-871-2528</p>	<ul style="list-style-type: none"> • Sliding scale \$15-70; Medicaid for therapy only. • Psychotherapy and psychological testing provided by doctoral students. Cancer, trauma, veteran, and international disaster survivor specialties

Weekly Promise – Week 3

This week, try to increase your awareness of the situations and triggers that lead you to feel anxious, sad or stressed, as well as the way that stress impacts your thoughts, feelings and behaviors.

1. Here is a blank diagram you can use to try for yourself!



2. Practice your relaxation exercise and rate your tension before and after (0 = no tension, 10 = very tense). Record on the table below.

Relaxation exercise I practiced this week: _____

(fill in days)							
Before relaxation							
After relaxation							