



MIND SPRINGS *health* Here to Help

COVID-19 MENTAL HEALTH SUPPORT LINE 1.877.519.7505

If you are stressed, anxious, lonely, depressed, angry, or all of the above, you are not alone. We are in this together, and caring mental health professionals are available if you need to talk.

COVID-19 MENTAL HEALTH TOOLKIT MindSpringsHealth.org/COVID19 & Facebook.com/MindSpringsHealth

Self-guided meditations, soothing self-care exercises, coping & resiliency skills, inspirational moments and more for both kids and adults to share online, with new resources added every day.

VIRTUAL THERAPY & PSYCHIATRY 970.945.2583

Mental health therapy and psychiatry have never been easier to start. All Mind Springs Health offices are open for business virtually, providing services to the convenience of your social distancing space by video internet consultation or over the phone.

PSYCHIATRIC HOSPITALIZATION West Springs Hospital: 970.201.4299

The only psychiatric hospital on the Western Slope is always open and offers 24/7 Assessment and Admissions for those in a psychiatric crisis.



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Prevention. Care. Recovery.