



## Groups at Jefferson Center

### Jefferson Center for Mental Health

303-425-0300

<http://www.jcmh.org>

- Outpatient Groups – Offers a wide range of support groups for clients of Jefferson Center, including Schizophrenics Anonymous. *Please contact Navigation at (303) 432-5130 for more information.*
- Wellness Now! – Offers an array of classes to support general wellness, including meditation, stress management, and goal-setting. Most classes are open to community members. *For more information, request a Wellness Now Catalog from Navigation, contact Wellness Now at (303) 432-5032, or visit <http://wellnessnow.jcmh.org>.*

## Groups in the Community

### Schizophrenia and Related Disorders Alliance of America (SARDA)

240-423-9432 or 1 (800) 493-2094 (toll-free)

<http://www.sardaa.org/>

- SARDA promotes improvement in the lives of people with schizophrenia-related illnesses (mental illness involving psychosis) and their families by providing support, hope, and awareness to increase recovery.
- Provides Schizophrenics Anonymous (SA), a community-based, self-help, peer support group for individuals living with schizophrenia and their loved ones.
  - Denver
    - Mondays from 7:00pm to 8:00pm at Mental Health Center Denver (4141 E. Dickenson Place). Anyone over 18 can drop in but they prefer people to call first. For more information, contact Gwen Viviani at 303-742-0726.
- Also offers support via SA Conference Calls. For more information call 1 (800) 493-2094 or visit: <http://www.sardaa.org/>

## Peer Support

### NAMI Connection

303-321-3104 or 1(888) 566-6264 (toll free)

<http://www.namicolorado.org/> (NAMI Colorado)

<http://www.namijeffco.org/> (NAMI Jefferson County)

- The NAMI Connection Recovery Support Group Program is a peer-based, mutual support group program for any adult living with a mental illness.
  - **Lakewood**
    - Support group for **young adults** (ages 18-26); **1st & 3rd Thursday at 6:00-7:30 PM** at St. Anthony's Hospital, Classroom E (11600 W. 2nd Place, Lakewood, CO 8022). For more information, contact Cheri Bishop at **303-591-2341**.
  - **Englewood**

There are several free groups in our community that **provide education and support** to individuals experiencing mental illness.

Our resources have been organized into the following categories:

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If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.



- **Mondays at 7:00 PM** at Arapahoe Douglas Mental Health Network (155 Inverness Drive West). For more information, contact [namiadvocate08@gmail.com](mailto:namiadvocate08@gmail.com)
- **Littleton**
  - **1st and 3rd Wednesdays at 7-8:30PM**
  - 5500 S Sycamore Street, Littleton CO 80120
  - For more information, contact Carol at **303-727-0776** or [kyvilla@aol.com](mailto:kyvilla@aol.com)
- **Denver**
  - **Thursdays at 6:00 PM** at Colorado Mental Health Institute - Fort Logan (3520 W. Oxford St Admin Building - Room 108; Denver, CO 80236).
  - **Tuesdays at 6:30 PM** at Mental Health Center of Denver (4141 E Dickenson Pl; 2nd Floor Training Room; Denver, CO 80222) For more information, contact Nicolas at **720-273-9865** or call **303-504-6500**.
- To find a meeting near you, visit: <http://www.namicolorado.org/EducationSupport/EducationSupportGroups/PeerSupportGroups/NA MIConnection/tabid/111/Default.aspx>

### **Rocky Mountain Crisis Partners – Peer Support Line**

1(844)493-8255 (press \* 7am to 12am to access peer support)

<http://www.metrocrisiservices.org>

- Offers free, confidential, strengths-based support by trained peer specialists, year-round, from 7am to 12am.
- To access the Support Line, call the main Crisis Line at **1(844) 493 -8255** and press \* to connect with a Peer Specialist.

### **Crisis Support**

#### **Rocky Mountain Crisis Partners**

24 Hour Hotline: 1(844)493-8255

<http://www.metrocrisiservices.org>

- Offers free, confidential, 24/7 telephone service for mental health or substance use crisis help, information, and referrals.
- Call 1 (844) 493-8255 any time, day or night, to connect with one-on-one support with professional counselors. The crisis lines offers translation services for non-English speakers, immediate problem solving support, and follow up calls for continued care.

### **Online Support**

#### **MyStrength – The Health Club for Your Mind**

<https://www.mystrength.com/>

**Access Code:** JEFF4U

- A web-based tool that provides online tools, inspiration, and resources for general wellness, as well as specific support for individuals living with mental health issues.
- Users must register and/or login to use.
  - To sign-up, visit <https://app.mystrength.com/signup>. If you are a current client of Jefferson Center, please contact your Care Coordinator for your access code. If you are a member of the community, please use access code: JEFF4U
  - To login, visit: <https://mystrength.com/login>



**Mental Help.Net**[www.mentalhelp.net](http://www.mentalhelp.net)

- Online mental health and wellness education on topics like Depression, Bipolar, Suicide, Anxiety, Addiction, and Schizophrenia.

**Strength of Us – Online Support for Young Adults**<http://strengthofus.org>

- Online community designed to inspire young adults, ages 18-26, impacted by mental health issues to think positive, stay strong and achieve their goals through peer support and resource sharing

**Schizophrenia.com – Help, Information, and News**<http://schizophrenia.com/>

- Online community dedicated to providing high quality information, support and education to the family members, caregivers and individuals whose lives have been impacted by schizophrenia.

**Support for Parents, Family Members, and Partners****Empower Colorado (A program of Ability Connection Colorado)**

1-866-213-4631

<http://empowercolorado.org/>

- Offers support, education, advocacy and resources to families with children and youth living with a mental illness. Dinner and child care may be available during meetings.
  - North Support Group (Thornton)
    - Usually 3rd Thursdays from 6:00PM to 8:00PM at the Rainbow Center (2140 E. 88th Avenue, Thornton)
    - Please call Kim Nichelle Rivera at (303) 226-5535 to RSVP.
- Also provides a 7-week educational workshop “Empowering Families through the Diagnostic Journey,” family advocacy and support with schools, hospitals and juvenile justice systems, as well as “Sibshop” workshops for “typical” siblings.
- Current calendar of events is available at: <https://www.facebook.com/EmpowerColorado>

**NAMI Family Support Groups**

303-321-3104 or 1(888) 566-6264 (toll free)

<http://www.namicolorado.org/>

- Offers an opportunity for family members to get family-to-family support, share their experiences, and promote self-care.
  - **Wheat Ridge**
    - 3<sup>rd</sup> Wednesday of each month at Jefferson Center for Mental Health
  - **Littleton**
    - **1<sup>st</sup> and 3<sup>rd</sup> Thursdays at 6:30PM** at Red Rocks Fellowship Church (11195 W. Belleview Ave., Littleton). Contact Anne at [starrainbows@msn.com](mailto:starrainbows@msn.com) or Cheri at 303-518-1289 or [cbishopnami@aol.com](mailto:cbishopnami@aol.com)
  - **Denver**
    - **2nd Tuesdays at 7PM** at the Mental Health Center of Denver Recovery Center (4455 E. 12th Ave., Denver). Contact Alison at [namidenver@gmail.com](mailto:namidenver@gmail.com).
  - **Englewood**
    - Family Partners group meets on the 2<sup>nd</sup> Tuesday of the month. 155 Inverness Drive West, Englewood 80112
- Second floor.



- There is no registration fee. Groups are free. Please contact Carol Villa if you would like more information. [kyvilla@aol.com](mailto:kyvilla@aol.com) or 303-727-0776

To find a meeting near you, visit:

<http://www.namicolorado.org/EducationSupport/EducationSupportGroups/FamilySupportGroups/tabid/120/Default.aspx>

- NAMI Colorado also provides “Family to Family” classes, offering education, skill training, emotional support, and empowerment. This 12 week series is provided at no cost to family members and caregivers of persons living with mental illness. For more information, please contact Cheri Bishop at 303-518-1289 or [cbishopnami@aol.com](mailto:cbishopnami@aol.com).

