These resources are intended to support those who have a loved one with mental illness.

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

**Groups at Jefferson Center**

Jefferson Center for Mental Health  
(303) 425-0300  
[http://jcmh.org](http://jcmh.org)

- **Wellness Now!** – Offers an array of classes to support general wellness, including establishing healthy boundaries, forgiveness, and healing. Most classes are open to community members. For more information, request a Wellness Now Catalog from Navigation, contact Wellness Now at wellnessnow@jcmh.org, or visit [https://www.jcmh.org/wellness-classes/](https://www.jcmh.org/wellness-classes/)

**Groups in the Community**

NAMI Family Support Groups  
303-321-3104  
info@namicolorado.org  
[http://www.namicolorado.org/](http://www.namicolorado.org/)

- Offers an opportunity for family members to get family-to-family support, share their experiences, and promote self-care. In-person and virtual options are available.  
  - To find a meeting locations, times, and contact information, visit: [https://namicolorado.org/support-education/virtual-family-support-groups/](https://namicolorado.org/support-education/virtual-family-support-groups/)

- NAMI Colorado also provides “Family to Family” classes, offering education, skill training, emotional support, and empowerment. This 8-session series is provided at no cost to family members and caregivers of persons living with mental illness.  
  - For more information, contact NAMI Jeffco at namijeffco3@gmail.com or fill out an online form here: [https://namijeffco.org/education/family-to-family/](https://namijeffco.org/education/family-to-family/)

**Empower Colorado (A program of Ability Connection Colorado)**  
1-877-472-7201  
[https://www.abilityconnectioncolorado.org/empowercolorado/support/groups-list-servs/](https://www.abilityconnectioncolorado.org/empowercolorado/support/groups-list-servs/)

- Offers support, education, advocacy, and resources to families with children living with a mental illness.

**Support groups**

- Empower Colorado offers online support in a closed support group on Facebook under “Empower Colorado Support”: [https://www.facebook.com/EmpowerColorado](https://www.facebook.com/EmpowerColorado)

- Their support addresses issues with parenting, schools, doctors, mental health providers, self-care, family dynamics and more. Family members, partners, friends, and caregivers are welcome.

- Fill out the information and the administrator will send you an invitation to the group.

- The Facebook page has the most current information about support group times and locations.

- Call 1-866-213-4631 or email knrivera@abilityconnectioncolorado.org/empowercolorado for more information.

**Contents:**

There are several free and low-cost groups in our community that provide education and support to family and friends of those with mental illness.

Our resources have been organized into the following categories:

- Groups at Jefferson Center
- Groups in the Community
- Crisis Support
- Online Resources
Co-Dependents Anonymous
303-592-3936
https://coloradocoda.com/
• A CoDA meeting is a group of people who come together around their shared desire for healthy and loving relationships. The meeting uses the Twelve Steps and Twelve Traditions of Co-Dependents Anonymous as the basis for working toward recovery.
• Find a meeting near you: https://meetings.coloradocoda.com/

Schizophrenia and Psychosis Action Alliance
240-423-9432
info@sczaction.org
https://sczaction.org/
• Promotes improvement in the lives of people with schizophrenia-related illnesses and their families by providing support, hope, and awareness to increase recovery.
• Offers support groups via Zoom and conference call.
  • View and schedule and register: https://sczaction.org/find-a-peer-support-group/

Aging Parent Tribe: Info and Support Facebook Group
https://www.facebook.com/groups/agingparenttribesouthdenver
• Denver Facebook group supporting caregivers who are taking care of their aging parents.
• It is a private Facebook group, and you will need to request access to join.

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 line offers translation services for non-English speakers, immediate problem-solving support, and follow up calls for continued care.
• Peer Services are available for individuals and support systems from 7:00AM-Midnight each day.

Online Resources
The Balanced Mind Parent Network
http://www.thebalancedmind.org/
• Offers online support for parents and guardians of children living with mood disorders.

Mental Help.Net
www.mentalhelp.net
• Online mental health and wellness education on topics like Depression, Bipolar, Suicide, Anxiety, Addiction, and Schizophrenia.