



Support for Family and
Friends of those with Mental Illness
Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

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>

- **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/>**

Groups in the Community

NAMI Family Support Groups

303-321-3104

info@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/>
- 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/>

Empower Colorado (A program of Ability Connection Colorado)

1-877-472-7201

<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>
 - 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:

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- [Groups in the Community](#)
- [Crisis Support](#)
- [Online Resources](#)

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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.metrocrisisservices.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.