



Need more information? Contact our Navigation Services Team at 303-432-5130 or [navigation@jcmh.org](mailto:navigation@jcmh.org)

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

### **Hotlines and Chats**

#### **Colorado Crisis Services**

Crisis Line 1-844-493-8255 (TALK) or text TALK to 38255

<https://coloradocrisisservices.org/>

- Offers free, confidential, 24/7 support for mental health crises. Services are available via phone, text, online chat, and at walk-in centers.

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

Crisis Line 1-844-493-8255 (TALK) or text TALK to 38255

<https://rmcrisispartners.org/>

- Offers free, confidential, 24/7 support for mental health crises. Services are available via phone, text, and online chat.
- Provides program services directory with providers, assistance programs, and support resources throughout the community.

#### **National Hotline for Crime Victims**

1-855-484-2846

<https://victimsofcrime.org/>

- Offers free, confidential help line connecting victims of crimes with supportive resources.

#### **National Organization for Victim Assistance**

1-800-879-6682

<https://www.trynova.org/>

- Offers free, confidential hotline to victims or witnesses to crimes. Clinicians can provide referrals to counseling and victim advocates as well as information about crime and crisis recovery.

#### **National Sexual Assault Hotline**

1-800-656-4673

<https://ohl.rainn.org/online/>

- Offers free, confidential support to survivors of sexual assault. Services are available via phone and online chat.

#### **National Domestic Violence Hotline**

1-800-799-7233; TTY 1-800-787-3224

<https://www.thehotline.org/>

- Offers free, confidential, 24/7 hotline providing immediate counseling and local resources that can assist with implementing a safety plan and seeking refuge.

These hotlines, websites, chat groups, and phone apps are for anyone who would like online support from peers in similar situations or mental health professionals.

These are focused on many different types of mental health conditions.

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**LGBT National Help Line**

1-888-843-4564

<https://www.glbthotline.org/>

- Offers free, confidential peer support, information, local resources, and more for LGBTQIA+ individuals of all ages.

**The Trevor Project**

1-866-488-7386 or text “Trevor” to 1-202-304-1200

<https://www.thetrevorproject.org/>

- Offers free, confidential, 24/7 support for LGBTQIA+ youth who are grappling with urges to self-harm or thoughts of suicide. Services are available via phone or text.

**National Association of Anorexia Nervosa and Associated Disorders (ANAD)**

888-375-7767

<https://anad.org/>

- Provides immediate counseling and recommendations for treatment and support to individuals struggling with eating disorders.

**Friendship Line**

<https://www.ioaging.org/services/friendship-line>

1-800-971-0016

- Friendship Line is the Institute on Aging’s 24-hour toll-free crisis line for people aged 60 years and older, and adults living with disabilities.
- Trained volunteers provide emotional support as well as active suicide intervention. They also provide information and referrals, elder abuse reporting, well-being checks, and grief support. In addition to receiving incoming calls on the hotline, Friendship Line also reaches out to eligible callers by connecting with them on a regular basis and helping monitor their physical and mental health.

**National Eating Disorder Association Helpline (NEDA)**

1-800-931-2237 or text NEDA to 741741

<https://www.nationaleatingdisorders.org/help-support/contact-helpline>

- Provides information about eating disorders, treatment options, and referrals. Services are available via phone, text, and online chat.

**Disaster Distress Hotline**

1-800-985-5990 (call or text)

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

- Offers help to individuals suffering in the wake of hurricanes, floods, wildfires, droughts, and earthquakes as well as incidences of mass violence or health epidemics. Services available via phone or text.

**Borderline Personality Disorder Resource Center**

1-888-694-2273

- Offers education, local resources for treatment and support, and immediate over-the-phone counseling for individuals affected by BPD.

**Hair Pullers Anonymous Nationwide Phone Meetings**

<https://hpanonymous.org/>

- Provides regular phone meetings where individuals with trichotillomania can share experiences and coping mechanisms. Use the link above to access to the confidential telephone number and call times.

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### **Obsessive Compulsive Anonymous Nationwide Conference Call**

1-712-432-0075

<http://www.obsessivecompulsiveanonymous.org/?q=node/1>

- Offers phone meetings where people can share experiences and feelings which contribute to OCD behavior. Visit website for meeting times and additional resources related to OCD.

### **Online Forums**

#### **Healthy Place**

<http://www.healthyplace.com/>

- Provides information on psychological disorders, psychiatric medications, and other mental health treatments. Also includes information on other life issues, like parenting, anger, sadness, senior resources, and more.
- Offers a social network for mental health support and tools for self-help.

#### **Psych Central**

<https://psychcentral.com/>

- Provides information on mental health issues, treatments, and current events related to mental health. Also provides basic quizzes/screening tools for mental health issues and forums and support groups.

#### **The Strength of Us (NAMI)**

<http://strengthofus.org/>

- Provides an online community for young adults, two spaces for blogging and sharing stories, and NAMI Air, which is an app that allows user to anonymously share their stories.

#### **MentalHealth.gov**

<https://www.mentalhealth.gov/>

- Provides information about the signs of mental illness, how individuals can seek help, a treatment locator, and how communities can host conversations about mental health. Content is also available in Spanish.

#### **Mental Health America**

[www.mhanational.org](http://www.mhanational.org)

- Provides varying resources, information on mental health conditions, and a peer support network.

#### **Be Vocal**

[www.bevocalspeakup.com](http://www.bevocalspeakup.com)

- Provides videos of interviews and stories about individuals living with mental health conditions.

### **Apps**

#### **MyStrength**

<https://app.mystrength.com/go/jcmh/bewell>

- Provides an online and app-based platform offering interactive modules to address depression, anxiety, stress, substance use, chronic pain, and sleep challenges while also supporting the physical and spiritual aspects of health.

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### **Talkspace**

<https://lp.talkspace.com/>

- Provides telehealth therapy to individuals ages 13 and older. Users have access to licensed therapists via text, audio, and video.

### **Cerebral**

<https://cerebral.com/>

- Provides telehealth therapy and medication management to individuals ages 18 and older at affordable rates.

### **Calm**

- Provides guided meditations, sleep stories, breathing programs, stretching exercises, and relaxing music to improve sleep and lower stress and anxiety.

### **Stop Breathe and Think**

- Provides meditation and mindfulness tools, including short, guided meditations, yoga, and acupuncture videos.

### **Breathe2Relax**

- Teaches users how to do diaphragmatic breathing. Features include educational videos on the stress response, logs to record stress levels, and customizable guided breathing sessions.

### **ACT Coach**

- Offers exercises, tools, information, and tracking logs to practice better tolerating negative thoughts.

### **DBT Diary Card and Skills Coach**

- Provides a daily mood and thought diary, coaching on managing emotional situations, and a DBT reference section for more info on coping skills.

### **Sanvello for Stress and Anxiety**

- Teaches techniques for dealing with anxiety, depression, and stress based on cognitive behavioral therapy (CBT). Includes daily mood tracking, guided classes, tools, assessments, and a community of users for peer support.

### **Mindshift**

- Provides strategies based on Cognitive Behavioral Therapy (CBT) to help users learn to relax and be mindful, develop more effective ways of thinking, and use active steps to manage anxiety.

### **Happify**

- Provides games, activity suggestions, and gratitude prompts to help overcome negative thoughts, stress, and life's challenges

### **Daylio Journal**

- Enables users to keep a private mood and activity journal and track their statistics over time.

### **Self-help for Anxiety Management**

- Offers a range of self-help methods for people who want to learn to manage their anxiety. Provides tools to monitor anxious thoughts, track behavior over time, and self-help exercises to discourage stress. Also offers an online community for added support.

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**Worry Watch: The Habit Tracker**

- Provides a tracker to identify what triggers anxiety, note trends in feelings, observe when the outcomes were harmless, and develop insights to reduce future anxiety.

**Operation Reach Out**

- Aids in suicide prevention by encouraging users to reach out for help when they are having suicidal thoughts and support those who are concerned about someone who may be suicidal. Provides a personal profile that includes emergency contact information, current medications, safety plans, and reminders for appointments or medications.

**PTSD Coach**

- Provides education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help manage the stresses of daily life with PTSD.

**Quit It**

- Provides a tracker to support smoking cessation. The app tracks the cigarettes users did not smoke and how much money it saved them.

**Quit Pro**

- Provides trackers and information to support smoking cessation. App tracks how much money and time users save by not smoking. Also monitors health status indicators and tracks nicotine, tar, and carbon monoxide intake.

App and Hotline information taken from: [http://greatist.com/grow/resources-when-you-can-not-afford-therapy?utm\\_source=facebook&utm\\_medium=opengraph&utm\\_campaign=resources-when-you-can-not-afford-therapy](http://greatist.com/grow/resources-when-you-can-not-afford-therapy?utm_source=facebook&utm_medium=opengraph&utm_campaign=resources-when-you-can-not-afford-therapy)