

What is Colorado Spirit?

The COVID-19 pandemic has taken a toll on everyone.

At North Range Behavioral Health, help is available at no cost to you.

Through the Colorado Spirit COVID-19 Support Program, we provide assistance and confidential support to people struggling with mental and emotional challenges as a result of the crises caused by this pandemic.



North Range Behavioral Health's Colorado Spirit has additional resources that range from websites, collateral, and in-person and virtual visits.

Please contact us at Colorado.Spirit@NorthRange.org or call 970.347.2359.



Caring counselors and behavioral health resources for people affected by the COVID-19 pandemic.



Call 970.347.2359 or email Colorado.Spirit@NorthRange.org for free and confidential support.



If you're experiencing any or all of these feelings, you're not alone:

- Sadness or depression
- Financial loss or stress
- Thoughts of suicide
- Fear of the world around you
- Anxiety
- Anger or irritability
- Loneliness
- Confusion or inability to concentrate
- Forgetfulness
- Lack of appetite or overeating
- Sleeplessness
- Inability to enjoy activities
- Guilt
- Increased use of alcohol or drugs

These can be symptoms of pandemic-related stress.

Our program counselors don't diagnose or prescribe treatment for mental illness, but they do provide individuals and organizations with reassuring support and information on effective coping strategies. Our program counselors are here even if you just need to talk. We understand that nothing about the world we are living in is easy. Get the support you need to embrace change and thrive.

Whatever you're experiencing, know that you're not alone.



Reach Out Now

Send North Range Behavioral Health an email in order to get in touch with the treatment that is right for you.

Email Colorado.Spirit@NorthRange.org.



We Are Here for You

When you need someone to listen – even when it's not a crisis – North Range Behavioral Health offers an array of services: crisis support, family services, community education, addiction treatment, and more. Our services are staffed by mental health professionals.

Call 970.347.2359 for free support.



For Groups and Organizations

We can provide customized presentations on coping skills for the recovery process and managing disaster-related stress.

Contact Colorado.Spirit@NorthRange.org for more information.

Follow Us on Social Media!

Social media is a powerful communication tool. Use our online social media graphics and resources to help our Colorado Spirit team get our message out to your audience about COVID-19 resources and support options. Find the images on our website.

Facebook: [@NRBHColoradoSpirit](https://www.facebook.com/NRBHColoradoSpirit)

Instagram: [@nrbh_where_hope_begins](https://www.instagram.com/nrbh_where_hope_begins)



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