

# MENTAL HEALTH TOOLS *for* BACK TO SCHOOL



for:  
**Parents, Teachers & Students**  
returning to school this fall, in person or virtually



Provided by:

**MIND SPRINGS** *foundation*

Building Sanctuary | Rebuilding Lives

# Coping in 2020 ... and Beyond



At Mind Springs Health, we understand that returning to school, whether virtually or in person, might be difficult for students, teachers, and parents this fall. The COVID-19 pandemic has caused increased anxiety for more than 50% of Americans and many people are feeling lonely or depressed. Returning to school after summer break can be difficult for some families in a “normal” year. Given the many unique circumstances we are all experiencing this year, returning to the classroom this fall may call for extra awareness of how kids are feeling and reacting, as well as how parents and teachers are responding, while taking care of their own mental wellness.

We hope the information that follows will help.

## ANXIETY

While kids are typically pretty resilient, for some returning to school this year may prompt a spike in their anxiety levels. This may be especially true for kids in a transition year, such as entering middle or high school. Anxiety is often the most common emotional problem for children, causing some to be painfully shy, while others may have terrible tantrums and meltdowns.

There are varying types of anxiety, but some signs of generalized anxiety may include:

- Restlessness
- Feeling on-edge
- Reluctance to separate from parents
- Fatigue
- Loss of focus
- Irritability
- Muscle tension
- Trouble sleeping
- Change in appetite
- Tantrums or Meltdowns
- Headaches or stomachaches
- Constant reassurance checking

## FEELING CHARTS



When kids are feeling anxious, it may not be clear to parents or teachers right away. It's good to check in with them to find out how they're feeling. For younger or shy kids, it can be harder for them to express their feelings. It may be easier to have them point to an image on a feeling chart - like the one here (available for free download on [pricelessparenting.com](https://www.pricelessparenting.com)).

# COPING WITH ANXIETY

During these unprecedented times, parents and caregivers are helping children adjust to the “new normal.” Children will look to the adults in their lives for guidance and will mirror responses to stressful situations. As adults, it is our responsibility as role models to provide children with coping mechanisms and problem-solving skills that can not only help them through the pandemic, but other challenges that may await them later in life.

**Structure.** Children do well with structure, and the serendipitous effect can be that consistency makes parents’ lives easier as well. When children are bored or not focused, it can be easier for anxiety to emerge. If your child is distance learning at home, create a daily routine and stick to it. Balance out traditional schoolwork time with creative activities or physical recreation. Structure and routine can also give a child a sense of control, which can help reduce fear.

**Schedule Time with Friends.** Even when kids are social distancing and away from schoolmates, schedule time during their day for a Zoom call with their friends to ensure they’re getting the social interaction they need. This could also be a fun activity a few times a week, such as a virtual lunch date where all the kids on the call are making the same meal for lunch together.

**Use Appropriate Encouragement.** While kids certainly need to be reassured that things will be okay, it is possible to “over” reassure. Telling them too often that “things are going to be okay” can result in them needing to hear it more often. And you might not always be able to confirm that it’s going to be okay and their anxiety will worsen. Be honest and accurate in your communication and correct misinformation they may be hearing, especially for older children who may be confused about what they’re hearing from their friends or reading online. Focus on positive information, such as reminding young children that they and their family are safe, healthy, and well. You can also remind them of all the things you are doing as a family that are keeping them safe, including washing hands, wearing masks, social distancing, etc.

**Listen and Validate.** Listening to your child’s concerns and fears and acknowledging their feelings will help them feel more secure. Respect their feelings without empowering their fears. If they’re opening up to you, this is good! However, dismissing their feelings with “You’ll be fine!” won’t help. Let your child’s questions guide your discussion and answer their questions truthfully, without offering unnecessary details or facts. You don’t need to fix their problems, but you can help them come up with strategies and create solutions. Discussions with your child do not have to be long and formal. In fact, kids will often communicate more when the conversation is casual versus a formal “let’s have a talk.”

## COPING AHEAD

If your child is physically returning to school and anxious about his first day of classes, try to schedule a tour in advance so he or she can visit their new classroom space.

Even a drive by the school during a few times can help relieve anxiety. Exposure and repetition help.

Make back to school shopping for clothes or school supplies an fun, afternoon adventure by combining it with a special lunch out.

# COPING WITH ANXIETY

**Communicate Based on Age.** Conversations with children need to be age appropriate, as developmentally inappropriate information can cause fear, anxiety, and confusion in younger children. For young children (early elementary school age), provide simple and brief information on an as-needed basis. Upper elementary and early middle school children tend to be more verbal and will ask more questions, and they may need help separating fact from fiction. Upper middle school and high school students can absorb more detailed information and can be involved in helping make family plans and decisions. Encourage them to bring up their opinions and feelings.

**Set an Example.** How are you, as an adult, handling the pandemic? By staying calm and focused in front of children, you're setting an example of how to handle stressful situations. Adults are likely having very difficult conversations these days – financial concerns, worries over the health of loved ones, etc. Have these conversations out of hearing range of young children, so that they don't absorb additional stress. It is also a good idea to control the intake of news surrounding COVID-19 and world events, as over exposure can be overwhelming and can produce increased anxiety for both children and adults. Be informed and educated; but taking regular breaks from social media and news is healthy.

**Seek Resiliency.** While it's easy to mourn the many losses of this pandemic, including our daily freedoms, be sure to seek out the positives. Remind children of all that they do still have, such as "I know it's a bummer that the after school soccer camp has been canceled, but now your older brother has time to teach you how to play the guitar!"

## 5 WAYS TO CULTIVATE GRATITUDE IN YOUR FAMILY

- Encourage kids to always say thank you to those who are kind to us.
- Seek out awe-inspiring moments throughout the day, such as a beautiful sunset, and share with your children.
- Share gratefulness at the dinner table or at bedtime.
- Work through feelings of envy and to not focus on what others have.
- Always look for the positive in any situation.

**Cultivate Gratitude.** Teaching kids gratitude, an expression of appreciation for what one has, at an early age can help increase their happiness and give them an understanding of empathy. Studies show that practicing gratitude curbs the use of words expressing negative emotions and shifts inner attention away from negative emotions, such as resentment and envy. People who are grateful feel less pain, less stress, suffer insomnia less, have stronger immune systems, experience healthier relationships, and do better academically and professionally.

**Practice Mindfulness.** What is Mindfulness? Think of it as yoga for the brain. Mindfulness is a meditation practice that begins with paying attention to breathing in order to focus on the here and now - not what could have been or what you are worried could be. The goal is to distance yourself from disturbing emotions in order to observe them without reacting to them. Mindfulness is a wonderful coping skill to help with anxiety in children. It can also help enhance focus, reduce attention problems, improve social skills, and mitigate the effects of bullying.

## Mindfulness Exercises for Young Children

### Notice Five Things

Help kids focus on the present by noticing the world around them. Practice noticing five things they can see, hear, or feel. You can start by sitting on the floor, with your child and tell him or her five things you notice. Then ask for five things they notice. It's best to practice this exercise when your child is already calm. After they have practiced this exercise a few times, let them know that this is something they can do when they're feeling upset.

### Take Five Breaths

Start by taking ten deep breaths together. As your child closes their eyes, have them put their hand on their belly and ask them to breath in deeply enough that the air fills up her belly. Then show her how to breath out slowly. Start with five breaths and work up to ten.

### Drawing Emotions

Have your child sit down and close their eyes and think about how they are feeling. When the feeling comes to mind, have him draw a picture of that feeling. It is important to teach young children to recognize and identify their own feelings.

### Mindful Jar

Get a clear jar and fill it almost all the way with water. Next, add a spoonful of glitter glue or dry glitter to the jar and put the lid back on the jar, then shake it to make the glitter swirl. Explain to the child that the glitter is like our emotions and thoughts when we are stressed or upset. Just as the glitter whirls around and it is hard to see clearly, it is easy to make bad decisions when we're upset. Sit and watch the glitter settle with the child and explain that just like the glitter, thoughts start to settle when you're calm and you'll see things clearer. Take deep breaths as you watch the glitter continue to settle.

## Journal Your Way to Mindfulness

Journal writing encourages creative thinking, strengthens problem-solving skills, and offers moments of reflection. Journaling is a beneficial mindfulness practice - for adults and kids alike!

For younger children, you'll likely hear, "I don't know what to write about!" You can help get them started by providing worksheets with pictures and topics already in place. For example, if the daily lesson plan includes a music class, place a picture of an instrument at the top of the page with instructions to write about songs and music and how it makes them feel.

For older grade school kids, they're able to be a little more thoughtful in their writing, with topics such as writing about something they'd wish to happen or something they'd hate to happen.

Encourage kids to re-read their journal entries. This can be valuable in helping them understand how they felt about and responded to past life events.

# Mindfulness Exercises for Teenagers

## Breathing Exercises

- Sit in a comfortable posture, with your spine upright and your shoulders rolled down and back. Close your eyes, just allow your breath to be natural.
- As best you can, bring your attention to your breath, noticing when you are breathing in and when you are breathing out.
- Notice what your breath feels like in your nose, as the air goes in your nose, and then comes out over the lips.
- See if you can notice what your breath feels like in your chest, perhaps sensing the gentle expansion of the chest on the inhale, and the fall of the chest on the exhale.
- You may find yourself thinking about breathing, but see if you can focus on the actual physical sensations of breathing. What does it feel like, right now, in your body as you breathe?
- If you'd like, see if you can notice what your breath feels like in your belly, noticing how the belly expands as you inhale, and softens as you exhale.
- You may also be able to notice the sensations of the breath elsewhere in your body.
- For a few more moments, just try to let your attention rest on your breath, wherever YOU notice it most.
- When you're ready, you can open your eyes.

Spending a few moments deliberately attending to the breath can lower the heart rate, and often has a calming effect on the mind and body.

## Mindful Music

Listen to your favorite music and get inside the song. Instead of focusing on the lyrics, pay closer attention to the music itself - what instruments do you hear? Is the song loud or soft? Fast or Slow? How do you feel when you listen to the music, both mentally and physically? What emotions does the song create for you and where in your body do you feel those emotions? Mindfully listening to music is a great stress reliever and good way to practice being in the moment.



## Graphing Emotions

It may feel like when you're upset, anxious, or angry - the feelings will last forever. However, no emotion lasts forever, whether you're happy or sad. When you pay close attention to your emotions, you will find they're constantly shifting. By graphing your emotional experience, you might find, for example, that anger may spike quickly and then fade away slowly, while sadness is more of a gentle wave. By tracking your emotions, you can be more in tune with the experience - how long it lasts, if it is intermittent or continuous. Tracking your emotions helps you understand how emotions play out in your own body.

# TRAUMA

Trauma is when a person has an experience that threatens their life or physical/psychological well-being. Trauma can also occur while witnessing an event happen to a family member or loved one. Traumatic events can range from emotional and physical abuse, to accidents, to natural disasters – such as the current COVID-19 pandemic or the wildfires that have hit Colorado so hard this year.

Everyone reacts to trauma in very different ways. What may not be very traumatic for some children might be extremely traumatic for others. Likewise, some children may react to trauma immediately, while some children may not have a reaction to a traumatic event for months or years. It is important to recognize the signs of trauma, which can vary depending upon their age.

*Signs to look for include:*

AGES 1-5	AGES 6-12	AGES 13-17
<ul style="list-style-type: none"><li>• <b>Wetting the bed</b></li><li>• <b>Fear of being left alone</b></li><li>• <b>Separation anxiety/ clinginess</b></li><li>• <b>Bad dreams</b></li><li>• <b>Disobedience or frequent tantrums</b></li><li>• <b>Excessive crying</b></li><li>• <b>Loss of skills (speech, toilet training)</b></li><li>• <b>Avoidance of eye or physical contact</b></li></ul>	<ul style="list-style-type: none"><li>• <b>Loss of appetite</b></li><li>• <b>Aggression/bossy</b></li><li>• <b>Difficulty at school or concentrating</b></li><li>• <b>Withdrawal from friends</b></li><li>• <b>Tummy aches, headaches, or other complaints</b></li><li>• <b>Sexual knowledge beyond their age</b></li><li>• <b>Irritability</b></li><li>• <b>Sleeplessness</b></li><li>• <b>Lack of confidence</b></li></ul>	<ul style="list-style-type: none"><li>• <b>High level of aggression</b></li><li>• <b>Problems at school</b></li><li>• <b>Drug/alcohol abuse</b></li><li>• <b>Suicidal thoughts</b></li><li>• <b>Self harm, such as cutting</b></li><li>• <b>Poor self esteem</b></li><li>• <b>Loneliness/Isolation</b></li><li>• <b>Inappropriate behavior (stealing, etc.)</b></li><li>• <b>Radical changes in attitude</b></li></ul>

When recognizing signs of stress in relation to trauma, parents should watch their child closely to see if their behavior patterns continue or progress. Providing a calming and physically comforting environment is important, as is providing the child with the attention they need. Express patience and tolerance, while also remaining the voice of structure in their life. Encourage interaction with family and friends, while also encouraging discussion about feelings surrounding the event.

Often, normal reactions to trauma can be helped by parents or other caregivers. However, when disturbing behaviors or emotions are persistent, the help of a mental health professional should be sought. Particularly, when a child is no longer able to properly function at home or school or when they've made comments that make you fear that they might hurt themselves or someone else.



# STAGES OF GRIEF

Conceptualized by:  
Elizabeth Kubler Ross

**DENIAL**  
Avoidance, elation,  
confusion, shock, fear

Our lives have changed  
and communities are  
mourning the way things  
used to be - just as we  
would mourn the loss of  
a loved one ...

**ANGER**  
Frustration, irritation,  
anxiety

**BARGAINING**  
Struggling to find  
meaning, reaching out  
to others

**DEPRESSION**  
Overwhelmed,  
helplessness, flight

These are normal  
feelings and part  
of the grief process  
... sometimes these  
phases go back and  
forth. Or, you may  
feel multiple feelings  
happening at the  
same time or not  
experience certain  
phases at all.

**Acceptance**  
Exploring options, new plan in place,  
moving on

# DEPRESSION & SUICIDE

There are varying opinions among mental health professionals and associations as to how much of an impact COVID-19 has had on depression and suicide rates. However, experience has shown that when we disrupt the routines of people who are already dealing with depression or we restrict their access to typical resources, it can exacerbate symptoms. With this in mind, we should make a special effort to stay connected to those who are at particular risk of suicide; that population may include people who have previously attempted suicide, those who have had a family member die by suicide, people with substance abuse issues, those facing financial instability and people with chronic health conditions.

**What to look for.** Feeling sadness or even grief during this difficult time is normal, but what if those feelings become overwhelming? How do you know if you or someone you know is experiencing depression? Symptoms to keep an eye on include:

- Feelings of hopelessness
- Problems sleeping
- Trouble concentrating
- Lack of interest in usual activities
- Low or no energy
- Feelings of worthlessness
- Agitation/irritability
- Lack of appetite



Remember that any one single symptom may not be worth worrying about, but a constellation of symptoms should be noted. If the things that typically make you happy aren't working to help bring you out of your funk, it may be time to seek help. Mind Springs Health and other mental health providers continue to offer services via phone or video. We also have a Mental Health Support line – **1-877-519-7505** – that is staffed by trained mental health professionals for anyone who just needs to talk.

Because depression increases the risk of suicide, it's important to seek help early before suicidal thoughts occur. Keep track of warning signs, such as a preoccupation with death, dwelling on the negative, giving away possessions and an increase in self harm. If you have a loved exhibiting these behaviors don't hesitate to call the **Colorado Crisis Services line at 844-493-TALK (8255)** or **text TALK to 38255**. It's always wise to err on the side of caution, so even if you feel unsure about whether you're in a crisis, the professionals staffing the hotline can help you decipher what action is needed.

## **Here a few other strategies to help manage depression during crisis:**

Consider focusing less on productivity. Putting pressure on yourself to clean out the garage or learn a new hobby may not be needed at this time. However, some individuals might need to be productive to cope with the situation. People deal with stress differently. Listen to your body and your feelings to ascertain what works best for you. Respect the differing coping mechanisms of those around you in a nonjudgmental manner. Likewise, be flexible with kids when it comes to completing remote learning assignments and homework. We're in uncharted waters and more patience is required.

Maintain routines. Replicate your old routine as much as possible. Set your alarm for the same time you did before stay-at-home orders were in place. Get out of your pajamas and keep up with your daily hygiene. Routines provide structure which is essential to creating a sense of normalcy.

Set boundaries. People need each other, but they also need time away. Respecting each other's space (even while quarantining at home) is important. For parents of teens, that might mean continuing to allow them to spend time on social media because it provides a way for them to connect with friends and express themselves.

# SELF CARE FOR CAREGIVERS

As parents or teachers, we often put our needs on the back burner, taking care of others before taking care of ourselves. If you were on an airplane losing oxygen, you would put your own mask on before helping others. In times of stress, it is not only OK to take time for yourself, it is essential. Throughout the day, simply taking 10 or 15 minutes of “me time” can calm nerves and relieve tension. A short walk through the neighborhood, working in the garden, or meditating for 10 minutes just twice a day can be a game changer.

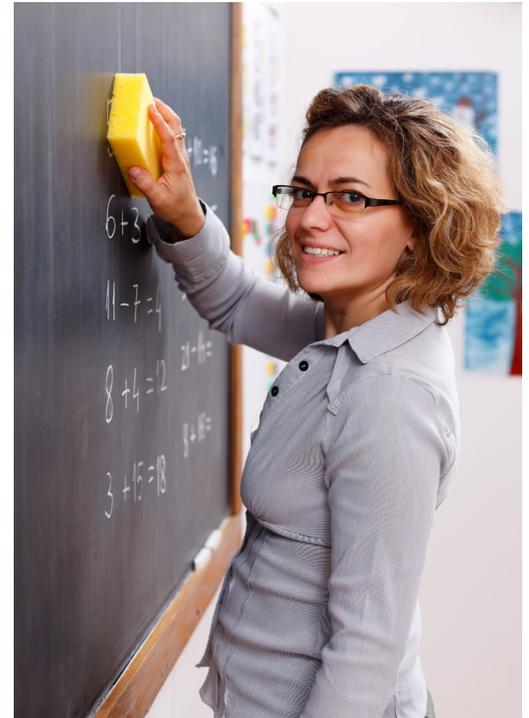
Here are a few tips to care for yourself, so you can continue to care for others:

**Make Peace with What You Do Not Have Control Over.** Stress often comes from not having control over our environment or certain situations. There are some situations we simply cannot change, but we can look at them from positive perspectives. We may have not been able to take a vacation this summer and that is disappointing. However, we can look at the positive side, which is that we might have spent more time with our family, enjoying quiet time in our backyard instead. In other words, try to look at the donut, not the hole.

**Adopt Proper Sleep Hygiene.** It can be a vicious cycle. You are stressed, so you cannot sleep. And when you cannot sleep, it increases your stress. Adopting a proper sleep hygiene regimen can help you fall asleep quicker and sleep more soundly. This includes creating a sleep space that is just for sleeping. While in bed, don't watch television or be tempted to finish up that report for work on your laptop or finish grading papers. As little as 10 minutes of exercise during the day can help improve your sleep; however, try to not work out too close to bedtime. Establish a regular, relaxing bedtime routine, such as taking a warm bath, reading a book or doing some light stretching or meditation before going to bed at the same time each evening. Avoid screen time a few hours prior to heading to bed, and consider using white noise, such as ocean sounds on a phone app or turning on a fan.

**Limit Alcohol Consumption.** After a long, stressful day, it can be tempting to gravitate toward a glass of wine, a cold beer, or your favorite cocktail. While having an alcoholic beverage might initially make us feel relaxed, alcohol causes higher levels of cortisol, the body's stress hormone. Increased levels of cortisol can adversely affect sleep as well as have long-term negative impacts on blood pressure, memory and focus, weight and the body's immune system.

**Remember:** Kindness, empathy and understanding during these stressful times not only will allow us to help others stay resilient, but also will allow us to deal with our own anxiety and stress. Take care of yourself and each other.



## SUBSTANCE USE & TEENS

Just as adults may be tempted to ease their stress, anxiety, and depression with alcohol or drugs during difficult times, children and teens may also turn to substance use as a coping mechanism or as a solution to boredom. During these trying times, parents and teachers should be more attentive to the warning signs of substance use, as using drugs and alcohol during adolescence can lead to addiction as adults.



### Some common signs of teen drug use include:

- Bad grades
- Bloodshot eyes
- Laughing for no reason
- Loss of interest in activities
- Poor hygiene
- Diminished personal appearance
- Avoiding eye contact
- Frequent hunger or “munchies”
- Smell of smoke on breath or clothes
- Secretive behavior
- Unusual tiredness
- Missing curfew

It can sometimes be difficult to tell the difference between the growing pains of adolescence and actual drug use, but parents can be proactive in talking to their teen to find out what’s going on. Asking compassionate and understanding questions can be the best way to talk to teens about substance use. Simply asking, “Have you been using drugs or alcohol?” or “Has anyone offered you drugs recently?” can be enough to get the conversation started.

Parents shouldn’t overreact if their teen comes clean about using drugs. Overreacting or lashing out can prevent a teen from opening up about their experience. Getting teens to talk is important to determine if their drug use was a one-time experiment or if it is an on-going issue.

Parents should explain how they care about their child and the child’s future. Teens who feel supported and loved are also more likely to stop experimenting with drugs or seek help if they have an addiction.

**47% of Teenagers  
Try Illegal Drugs  
Before Graduating  
High School**

**55% of Teenagers  
Say the Biggest  
Deterrent to trying  
drugs is their  
parents**

**86%  
of Teenagers  
Say They Know  
Someone Who Smokes,  
Drinks, or Uses Drugs  
During the  
School Day**

## **Be a First Responder for Your Community's Mental Health** *Learn to Identify, Understand, and Respond to the Signs of Mental Illness*

Mental Health First Aid is an evidence-based, public health training program that teaches participants the signs and symptoms of mental health challenges or crisis, what to do in an emergency, and where to turn for help. MHFA is implemented around the U.S. and the world. Research has shown that the training reduces stigma, enhances behavioral health literacy, and improves participants' behavioral health.

### ***Mental Health First Aid courses are eight hours long and feature:***

- Hands-on activities and practice
- ALGEE, the 5-step action plan
- An overview of local mental health resources, support groups, and other help
- A resource manual packed with information on all topics covered in the course



**MENTAL HEALTH  
FIRST AID  
COLORADO**



### **Youth Mental Health First Aid**

Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

**To Find an Upcoming Mental Health First Aid Course, please visit:**

**[www.mindspringshealth.org/mental-health-first-aid/](http://www.mindspringshealth.org/mental-health-first-aid/)**

**Looking for more valuable mental health resources? Please visit:**

**[www.MindSpringsHealth.org](http://www.MindSpringsHealth.org)**

# WHO WE ARE & WHAT WE DO



Mind Springs Health provides outpatient counseling and therapy for mental wellness to individuals and families throughout 10 counties in Western Colorado. Mind Springs Health offers a continuum of care and range of therapies for mild-to-severe forms of mental illness and/or addiction for people of all ages. Our philosophy centers around “trauma-informed-care,” which promotes a culture of safety, empowerment, and healing.

## ***Therapy at Mind Springs Health can treat a number of behavioral health issues, including:***

- |   |  |
|---|--|
| Substance Use Addiction                         | Schizophrenia                                  |
| Anxiety Disorders                               | Self-harm & Parasuicide                        |
| Attention Deficit Hyperactivity Disorder (ADHD) | Suicidal Thoughts                              |
| Bipolar Disorder                                | Trauma & Post-Traumatic Stress Disorder (PTSD) |
| Depression                                      |  |

### ***Office Locations:***

Aspen • Craig • Eagle • Frisco • Glenwood Springs • Granby  
Grand Junction • Meeker • Rangely • Steamboat Springs • Vail • Walden

## ***Mind Springs Health also operates the following programs:***

### **The Women’s Recovery Center**

Located in Grand Junction, the Women’s Recovery Center is an intensive, residential drug and alcohol treatment program specializing in holistic recovery. The program utilizes evidence-based therapeutic practices, focusing not only on addiction, but the often underlying mental health conditions that lead to substance abuse. The unique aspect of the Women’s Recovery Center is that the facility allows for children under the age of ten to stay with their mothers during treatment, which often keeps children out of the foster care system and helps mothers through their healing process.



## The Circle Program - Beginning Fall 2020

The Circle Program shares a state-of-the-art facility (built in 2020) with the Women's Recovery Center in Grand Junction and is a residential drug and alcohol treatment program for men and women. This state-funded program also addresses co-occurring diagnosis of substance addiction and mental illness.

## The Oasis Clubhouse

Located in a classic Victorian house in Grand Junction, the Oasis Clubhouse is a place that anyone with a mental illness can go to hang out, receive support and reassurance, and engage in meaningful work. Activities at the Clubhouse include skill groups, support groups, work groups, and recreational activities and outings.

## Crisis Services

Mind Springs Health operates crisis services in Mesa, Rio Blanco, Moffat, Routt, Jackson, Grand, Pitkin, and Garfield counties. In addition, we operate 24/7 emergency services in all of the ten counties we serve.



**COLORADO  
CRISIS SERVICES**  
supporting a stronger state of mind

Anyone experiencing a behavioral health crisis should call **844.493.TALK (8255)** or text **TALK** to **38255**.

## Mesa County Social Detox

Mind Springs Health operates a social detox center at its Grand Junction campus, adjacent to the West Springs Hospital. A social detox center is a facility where one can undergo the process of ridding the body of toxins from alcohol or drugs, with monitoring and support. The Mesa County Social Detox offers a safe place for those suffering with addiction to initially address their issues and receive the guidance they need to help them to the road to recovery.

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***For more information or to make an appointment,  
please call your local Mind Springs Health office:***

### **ASPEN**

970.920.5555

### **CRAIG**

970.824.6541

### **EAGLE**

970.328.6969

### **FRISCO**

970.668.3478

### **GLENWOOD SPRINGS**

970.945.2583

### **GRANBY**

970.887.2179

### **GRAND JUNCTION**

970.241.6023

### **MEEKER**

970.878.5112

### **RANGELY**

970.675.8411

### **STEAMBOAT SPRINGS**

970.879.2141

### **VAIL**

970.476.0930

### **WALDEN**

970.723.0055

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



The West Springs Hospital is a world-class, 64-bed in-patient, psychiatric facility that provides intensive care for complex mental health conditions in a safe, secure, and comfortable setting. West Springs Hospital, which opened a new state-of-the-art facility in 2018, is the only psychiatric hospital between Denver and Salt Lake City and can accommodate patients of all ages thanks to special care center for children and adolescents.

***Some of the More Common Illnesses treated at West Springs Hospital include:***

- Post-Traumatic Stress Disorder
- Mood Disorders (Including Major Depressive and Bipolar Disorders)
- Personality Disorders (Including Borderline, Narcissistic, Dependent, Avoidant)
- Anxiety Disorders
- Psychotic Disorders

***Walk-In Services***

A walk-in clinic is available at West Springs Hospital to help determine if hospitalization is necessary. Assistance can also be arranged 24/7 by calling the West Springs Hospital admissions line at **970.201.4299**



The Mind Springs Foundation is the philanthropic arm of Mind Springs Health and West Springs Hospital, whose mission is to connect philanthropic passion with exceptional programs to support a mentally healthy and vibrant Western Slope.

Created in 2020, the Mind Springs Foundation supports mental health services, programs, and innovations in the organization's 10-county area.

We invite you to visit the Mind Springs Foundation website at [www.MindSpringsFoundation.org](http://www.MindSpringsFoundation.org) to learn more about our funding initiatives and how you can help make a difference and help save lives.