



## Mental Health Supports and Resources

Updated 4/13/20

### Exercise

- [Stay Fit Guide \(for Boulder\)](#)
- [Free online classes from YMCA](#)

### Spend time with a friend...virtually

- [House party app](#)
- [Facetime](#)
- [Zoom](#)
- [Skype](#)
- [WhatsApp](#)

### Help someone in your family or neighborhood

#### Donating

- [Boulder Shelter for the Homeless](#)
- [Bridge House](#)
- [CO Gives](#)
- [CO Gives for Kids!](#)
- [Colorado COVID Relief Fund](#)
- [Community Foundation](#)
- [Food Bank of the Rockies](#)
- [Help Colorado Now](#)
- [Humane Society of Boulder Valley](#) From HSBV: "The best way you can help HSBV right now is by making a critical financial donation"
- [Lyons Emergency Assistance Fund/ via Lyons Community Foundation](#)
- [OUR Center](#)
- [Sister Carmen](#)
- [The School Food Project - BVSD](#)
- [Viatalant](#) – sign up to give blood

#### Other tips

- Buy a gift card for a local restaurant or service provider (hair, massage, etc.) - use it later or give away
- Share information about local resources- see Resources list below
- Support local restaurants
  - [Boulder restaurants doing takeout and delivery](#)
  - [Downtown Boulder: Love the Local](#)
  - [Lafayette Restaurant Pick-up and Delivery](#)
  - [Longmont Take-Out Takeover](#)



- [Louisville: How to Support Local Businesses During COVID-19](#)
- [Lyons: COVID-19 \(Look under Resources\)](#)
- [Nederland: ned to go](#)
- Write a card or letter to a resident in a senior living facility
- Pick up groceries for your elderly (or in health risk category) neighbor or family member and leave on their porch
- Check Next Door or local Facebook groups for ideas

## Volunteer

- [COVID Volunteer Response Program:](#) (Mile High United Way)
- [Cultivate](#)
- [EFAA](#)
- [Help Colorado Now](#)
- [Nederland Area Seniors](#)
- [OUR Center](#)
- [Register to be a Disaster Volunteer](#)
- [Sister Carmen](#)

## Make art

- [List of art classes, art contests, tips](#)
- [La Momo Maes](#) in Longmont has cookie decorating kits you can pick up to decorate at home
- [STEAM Activities](#) (kid-friendly)

## Spend time doing a mindfulness exercise

- [Meditations](#)
- [Short Breathing Exercise](#)
- [Headspace](#)
- [Isle-of-calm-stream-6-hours-of-soothing-music](#)

## Get outside

- [Visit a National Park for free](#)
- [Boulder County Parks and Open Space](#)

## Read something new about how to support yourself, your team, or your tribe

- [Mental Health CO](#)
- [Mental Health America](#)
- [CDC managing stress and anxiety](#)
- [CDC Self-care guidance](#)
- [Article: "Don't Go Down a Coronavirus Anxiety Spiral"](#)
- [Video & Article: "Coronavirus – How to Manage Your Mental Health During Self-Isolation"](#)
- [World Health Organization Mental Health & Psychosocial Considerations](#)



- [Crisis Text Line Tips \(or Text HOME to 741741 to Connect with a Crisis Counselor\)](#)
- [University of California tips and resources](#)
- [COVID Mental Health Blog- Boulder County Public Health](#)
- [Natural Highs- Free Online Academy for Teens and Adults](#)

#### Supporting kids

- [WHO helping children cope – quick guide](#)
- [CDC helping children cope](#)

#### Supporting your team

- [How to Manage Newly-Remote Teams](#)
- [Zoom](#)
- [Microsoft Teams](#)

#### Access a field trip virtually

- [Download books for free](#)
- [Virtual cultural opportunities](#)
- Free concerts – like [this one!](#)
- [Virtual national park tours](#)
- [Free Ivy League Online Courses](#)
- [Broadway Plays & Musicals to Watch from Home](#)
- [Nightly Opera Online Streams](#)
- [Virtual Museum Tours](#)
- [Free Books, Music, Movies, & TV Shows Through Hoopla with Library Card](#)
- [List of Free Online Courses, Audio Books, eBooks, Movies, Coloring Books, & More](#)

#### General Resources

##### Food resources

- [Boulder Food Rescue](#)
- [Meals on Wheels Boulder](#)
- [Coal Creek Meals on Wheels](#)
- [Longmont Meals on Wheels](#)
- [Community Food Share](#)
- [Hunger Free Colorado](#)
- [The School Food Project - BVSD](#)
- [2-1-1 Colorado](#)
- [OUR Center](#)
- [Sister Carmen](#)
- [EFAA](#)



### Medical resources

- [Via](#)
- [Mental health partners](#)
- [Crisis lines](#)

### Financial/utility information & resources

- [Colorado Department of Labor and Unemployment](#)
- [Resources for Boulder County residents affected by COVID-19](#)
- [Press Release: "House Passes Families First Coronavirus Response Act"](#)
- [Credit Card Issuers Offer Customer Assistance in Response to Coronavirus](#)
- [Community Resource List- created by Boulder Valley School District](#)

### Healthcare worker resources

- [Colorado Emergency Childcare Collaborative](#): This is the initiative **to make sure that our health care and other emergency workers have access to childcare.** The site has a lot of description – but essentially any hospital personnel (Doctors, Nurses, Janitors, Maintenance) can apply here for emergency childcare. **The process involves first [completing the registration survey](#) for families on the page – and then our 2-1-1 team will be in contact to match them with an available provider.**