

LINCOLN COUNTY SUPPORT GROUPS

For updated availability of support groups, meeting locations and times please consult the Limon Leader Community Calendar section!

A.A. Alcoholics Anonymous

<http://www.aa.org/>

What it is: Support for any and all who wish to do something about their drinking problem. Based on a 12 step approach.

Meetings are held on Tuesday nights, 7pm, at Zion Lutheran Church in Limon (408 H. Avenue). Call 719-775-6600 for questions, check the Limon Paper for updates and changes. Big Book Study at 6pm, same location.

Alzheimer's Support Group

<http://www.lincolncommunityhospital.com/services>

What it is: Support group for those living with Alzheimer's Disease and those caring for someone with Alzheimer's Disease.

Meeting on the third Thursday of each month at 7pm at the Family Practice Clinic in Limon (2110 6th Street, Limon, next to Carla's Cluster Care) Call 719-775-8662 for more information.

GriefShare

<http://www.lovefuneralhomes.com/grief-support>

What it is: Support group for individuals grieving the loss of someone close, and seeking the support of others experiencing like emotions.

Contact Love Funeral Home for meeting times at 719-775-2333.

TRANSPORTATION

Outback Express

<http://outbackexpress.tripod.com/index.htm>

1-719-348-5562

1-800-825-0208

What it is: Bus Service with pick-up in Stratton, Vona, Bethune, Burlington, Seibert, Flagler, Arriba, Genoa, Limon, Matheson, and Simla. Various routes including trips to the cities. 24 hour advance reservation is appreciated; see schedule or call for days of service. Open to all ages.

IN COLORADO

Partners Equine Therapy

<http://equinetherapyco.com/about-us/>

(303) 478-8734

What it is: 501 © (3) non-profit organization based in Elizabeth, Colorado that provides mental health services to children, families, individuals, and groups using horses.

Colorado Behavioral Healthcare Council

<http://www.cbhc.org/>

What it is: A statewide membership organization for Colorado's network of community behavioral/mental health providers. "Find Help" can link to a library on mental health and providers in the organization. Many links run along the sidebar under this tab.

Colorado Rehab Centers and Addiction Resources

<http://www.alltreatment.com/co>

What it is: Links to inpatient treatment centers in Colorado. Searches can be performed by drug type (like meth), insurance provider, for youth or women specifically; short-term or long term treatment, and other types. The tabs for the individual centers show a quick overview of services offered and insurances accepted.

Colorado Statewide Mental Health Crisis Hotline

844-493-TALK (8255)

What it is: 24hour/day, 365 days/year hotline to provide solutions to Coloradans in crisis. You can also opt for connecting with a trained PEER support specialist who will be available by phone through this line. If you or someone you know is in need of support, please contact Colorado Crisis Services at 1-844-493-TALK (8255), text "TALK" to 38255, or go to www.coloradocrisisservices.org to access a live chat available in 17 languages.

Mental Health First Aid Colorado

<http://www.mhfacolorado.org/>

What it is: Provides classes on identifying and helping those with mental illness. For community members and loved ones. Links to finding a class near you.

Let's talk Colorado

<http://letstalkco.org/>

What it is: Provides information on mental illness, stigma and resources. Designed in and for Colorado.

QuitLine

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

1-800-QUIT-NOW (1-800-784-8669)

What it is: The Colorado QuitLine is a FREE and proven service through the Colorado Department of Public Health and Environment to help Coloradoans quit smoking. The QuitLine is on Facebook; has special services available for pregnant/postpartum women. At the top of the site services can be accessed in Spanish and at the bottom left there is a link for Asian languages.

Tobacco Free COLORADO

<http://www.tobaccofreeco.org/>

What it is: Website that looks at the impact tobacco has on Coloradoans. Links to help you quit.

Please be aware that some quit smoking services charge you to participate. These are not generally sponsored by the State or Public Health Agencies or based on proven techniques. If you look closely they are designed by the people who sell cessation medications or even the tobacco industry.

OTHER RESOURCES

“Do I have a Drug Problem?”

<http://drugscreening.org/Session.aspx>

What it is: An on-line screening tool developed by the Boston University School of Public Health. Lets you know if you have a substance abuse problem and provides links and resources.

Facts about Common Mental Illnesses

<http://www.samhsa.gov/topics>

What it is: An overview of common mental illnesses. Sponsored by SAMSHA and HRSA with links to other important information.

How much is too much?

<http://www.alcoholscreening.org/Home.aspx>

What it is: An on-line screening tool developed by the Boston University School of Public Health. Find out if you have an alcohol use problem. Links and resources are provided.

Man Therapy

<http://mantherapy.org/>

What it is: “A place where men can come to be men”. Interactive and FUN program to explore every day mental health issues for men and their loved ones (women will enjoy this as well!).

MAYO Clinic

<http://www.mayoclinic.org/patient-care-and-health-information>

What it is: The patient care information pages give overviews of illnesses, symptoms, what to expect at the doctor, and what treatment options exist. Search by disease name, symptom, test/procedure, or check medicines.

Military Crisis Line

<http://www.veteranscrisisline.net/ActiveDuty.aspx>

1-800-273-8255 press option 1
Text 838255

What it is: Confidential 24/7 help for service members and families. Staffed by VA (Veterans Administration) personnel. Live chat available. Free to ALL service members, active, reserve, or retired. Connection with VA not necessary.

MoodGYM

<https://moodgym.anu.edu.au/welcome>

What it is: An independent resource developed and delivered by the Australian National University. Free to users. It teaches cognitive behavioral therapies for preventing and coping with depression (link used with permission).

NAMI

<http://www.nami.org/>

National Alliance on Mental Illness

What it is: A grassroots mental health organization dedicated to building better lives for those affected by mental illness. Find your local NAMI group.

National Suicide Hotline
1-800-273-TALK (8255)

<http://www.suicidepreventionlifeline.org/>

What it is: On-line and in person help for you or your loved one. Special links to help for Veterans, young adults, and Spanish speaking only are clearly marked. The Hotline offers chat and Face book chat versions for anyone in crisis and can be used even if not thinking about suicide.

NIMH

National Institute of Mental Health

<http://www.nimh.nih.gov/index.shtml>

What it is: An agency that performs research to increase understanding and find treatment for mental illnesses. Check out *Health and Education*. You can also look at mental illnesses by age and gender.

SAMSHA

Substance Abuse and Mental Health Services Administration

<http://www.samhsa.gov/>

What it is: Part of the U.S. Department of Health and Human Services. Contains links to information and many programs. Check out “programs and campaigns” in the bar at the top of the page to learn more.

Schizophrenia and Related Disorders Alliance of America

<http://www.sardaa.org/>

What it is: A group in Houston TX working to “shatter stigma” and support those with schizophrenia. Provides support group options by phone and support/training for Schizophrenics Anonymous Groups. Helpful links under the Resources tab at the top and a link to Schizophrenics Anonymous top right. This organization can help start a support group locally or connect you with one on the Front Range.

Addiction Resource

<https://addictionresource.com/>

What it is: Comprehensive on-line resource providing information on addiction, treatment options, and what to expect when going into rehab. Colorado is not a featured state in the drop down lists but resources can be found along the front-range by using the map locator.

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