

**Dear community partners and friends,**

I hope this email finds you well and safely at home. I know this has been a trying time for all of us and I continue to be impressed at the way our communities have shown up for one another. From sewing and donating masks to making sure our neighbors have food and emotional support, our residents take care of one another.

Emotional well-being and mental health are topics we hear a lot about right now. With all this physical distancing going on, it can be a struggle to stay connected with friends and loved ones. As your community mental health center, we hear your concerns and are offering many resources to help.

- **The Center Support Line** is free and available to anyone in our community 24/7 who may be stressed, anxious, or just needing to talk with someone. Call us at 970.252.6220. Visit [www.centermh.org/supportline](http://www.centermh.org/supportline) to learn more.
- **We are open for services** in-person at our Delta, Montrose, and Ridgway locations. Each of our local offices provides secure teletherapy sessions via phone or video. So far in April, more than 25% of our appointments were delivered via teletherapy. Clients report that they like the convenience and ease of connecting with their therapist this way.
- **“Coping with COVID” Facebook Live Chats** are hosted every week on Tuesday at 12 p.m. Join us to ask questions and get advice from our incredible therapists. Learn more and watch past episodes at [www.facebook.com/centermh/](http://www.facebook.com/centermh/)
- **Mental health articles and blog posts** are available on a wide range of topics from dealing with anxiety during COVID to coping with kids at home. Visit [www.centermh.org/covid19](http://www.centermh.org/covid19) for printable downloads, blogs, and more.

During this time, we are here to provide hope and support for our communities. While we may be transitioning to “Safer-at-Home” guidelines over the coming weeks and months, our healing journey is just beginning. Please let us know how we can help by calling 970.252.3200.

Sincerely,



Shelly J. Spalding, Chief Executive Officer  
The Center for Mental Health