

## **New Behavioral Health Support Line Available for Those in Need**

**The Center for Mental Health is Open and Providing Services**

**FOR IMMEDIATE RELEASE – Montrose, CO – March 31, 2020** -- The Center for Mental Health (The Center) in Montrose, Colorado is reinforcing its message to the Western Slope community that behavioral care professionals are available for current clients and for those needing mental health counseling. As the COVID-19 virus continues to spread, individuals may have an increased need for counseling as anxiety, depression, addiction issues, and feelings of isolation increase.

The Center now offers ***The Center Support Line at 970-252-6220***. It is a phone line which is available 24-hours a day, seven days a week for those seeking someone to talk to for extra support during this difficult time. ***The Center Support Line*** is staffed by trained health care providers who can offer immediate support or direct individuals to other resources. As appropriate, callers may be connected directly to the front desk to learn about services and scheduling. Individuals who need to schedule regular sessions or those seeking new mental health services are encouraged to call (970) 252-3200 during business hours to learn more.

***The Center Support Line*** is an extension of The Center’s crisis line and is staffed by mental health professionals who have been specially trained to answer support calls. “Physical isolation can initiate feelings of despair, so we want to be available to help people cope,” said Amanda J. Jones, Chief Clinical Officer for The Center. Since Covid-19-related “stay-at-home” and physical-distancing mandates went into effect, the calls to The Center have increased. “Based on the increased number of calls we have been receiving, it became apparent that our six-county region needed an additional resource to access behavioral health care.”

In order to meet the needs of the community, The Center is actively offering same-day, in-person appointments for new clients in Montrose, Ridgway and Delta, or via teletherapy. Teletherapy includes telephone and online video sessions to maintain physical distancing guidelines. “It’s important to note that although teletherapy is a different approach from in-person therapy, the care is administered by The Center’s trained professionals. Our teletherapy services are secure, personal, compassionate and effective,” says Jones.

Due to stay-at-home mandates, all CMH offices on the Western Slope now offer teletherapy to their current clients and to those in the community who recognize they may need help. “The health of our clients and those who need to access behavioral healthcare is paramount right now,” said Shelly Spalding, CEO of The Center for Mental Health. “In spite of the challenges of the day, the continuity of care is important, and we are working to meet the needs of our community.”

In the interest of public health, The Center has swiftly transitioned to these virtual care options (telephone and video-based) for most services, including care management, individual and group outpatient therapy, and/or psychiatry. The Center is committed to following guidelines set forth by the Centers for Disease Control and Prevention as well as mandates by Governor Polis. As a provider of

essential healthcare services, it will remain open and dedicated to serving both new and existing clients.

For those who are in crisis and need immediate care, the Crisis Walk-in Center at 300 N. Cascade Ave. in Montrose is available 24-hours, seven days a week and remains open.

“It is critical that all residents on the Western Slope have access to behavioral health support,” emphasized Spalding. “Regardless of how difficult the current situation may be, we will continue to create innovative methods to care for our community.”

The Center for Mental Health is a nonprofit organization seeking to promote mental health and well-being. It provides behavioral health services across 10,000 square miles including Delta, Gunnison, Hinsdale, Montrose, Ouray, and San Miguel Counties. Visit [www.centermh.org](http://www.centermh.org) to learn more.

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