



Southern Colorado
Mental Health
Business Partnership

Mental Health and the Workplace

- Educate your staff
- Train your leadership
- Support your workforce

We've all witnessed the effects of Covid-19 on mental health and the challenges it creates in the workplace.

BBB® of Southern Colorado and our partners want to make sure businesses and business owners have access to resources that help them identify and build on their natural resiliency.



DIVERSUS HEALTH Outreach Team provides community support through educational trainings, brief group counseling and support groups, and resource referrals.



COLORADO CRISIS SERVICES Phone/Text Line for free and confidential support, 24/7: 844.493.TALK (8255) or text TALK to 38255.



NAMI Colorado offers both in-person and virtual support groups.



LET'S TALK GRIT—Greater Resilience Information Toolkit— was created at the University of Colorado Colorado Springs to help you tap into your own personal strength and resilience—equipping you with the tools to overcome whatever challenges today (or tomorrow) throws your way.



SIX-PART VIDEO SERIES for employers and employees to navigate current stressors and pain points while gathering new tools for success. Presented by Diversus Health, David Commercial Real Estate, and the Pikes Peak Small Business Development Center.



MENTALLY STRONG Our comprehensive treatment centers provide counseling, medication management, and treatment planning for both children and adults. Walk-in appointments are available.



MT. CARMEL VETERANS SERVICE CENTER The Health and Wellness Team offers service members, veterans of all eras, spouses, and their family members access to confidential and low cost counseling and alternative therapy.

According to a December 2021 survey conducted by Kumana and The Harris Poll among U.S. full-time employees:

- 6 in 10 are burned out (up 20% from a year ago)
- 4 in 10 are suffering from moderate-severe anxiety disorder (up 18% from a year ago)
- 4 in 10 are suffering from moderate-severe depression (up 16% from a year ago)



START HERE
One Call Can
Connect You

DIVERSUS HEALTH OUTREACH TEAM
719.299.2996

diversushealth.org/outreach-program



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Business Partnership



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