

HEALTH TIPS

Mental Health

A person's emotional, psychological and social well-being affecting thoughts, feelings and decision-making.



If you need help with the information in this document, including written/ oral translation; or in a different format like large print or as an audio file, we can help you at no cost. Call NHP at 800-541-6870 or State Relay 711 for callers with speech or hearing disabilities.

Care and Support

Different care and support works for different people; it's important someone finds what works best for them. Some care includes,

- Talking about feelings with support systems or a counselor/ therapist
- Ask for help as needed
- Keep a routine that works
- Engage in physical activity/ exercise
- Eat mindful and get rest

Outpatient counseling and therapy services are free and have no co-pays for Health First Colorado (Colorado's Medicaid Program) members.

If someone is in crisis it's important they contact the Colorado Crisis Line at 844-493-8255 or text TALK to 38255; this line is available 24/7.

To learn more about mental health visit that NAMI's website at, nami.org.

Learn More

Mental health can change over the course of someone's life. Different things can affect it like,

- Biological reasons: genes and brain chemistry
- Lived experiences: trauma or abuse
- Family history: mental health challenges in the family

Mental health symptoms are different for everyone. Some things to watch for are,

- Sleeping too much or too little
- Eating too much or too little
- Isolating or pulling away from people
- Having low or no energy
- Feeling numb, helpless or hopeless
- Using substances more than usual

CARE COORDINATION

Care coordination is free and can be used to help make appointments, get medications filled or set up transportation for your outpatient appointments. Call 888-502-4190 to connect with a care coordinator.