

# Mental Health Resources & Response\*



## Local Mental/Behavioral Health Providers & Groups

**Lyric Wood, LCSW.** Counselling services (in-person and online/telehealth appointments; patient health screening required for in-person sessions). Call 970-826-2400 to schedule an appointment. Accepts Medicare, Medicaid, private insurance, and cash payment.

**Steve Walls, LPC.** Counselling services (online/telehealth appointments only at this time.) Go to [www.ascounsel.com](http://www.ascounsel.com) to schedule an appointment. Accepts Medicaid, private insurance, and cash payment.

**Northwest Colorado Health.** Offering telehealth (phone and video) session; call to verify insurance coverage. Call 970-824-8233 for appointments.

- Wendy Nadolny, LCSW
- Kim Bair, LSW
- Zak Conway, LPC

**Mind Springs.** Counselling services. Call 970-824-6541 or go to

- <https://www.mindspringshealth.org/treatment-services/locations/craig/>
- <https://www.mindspringshealth.org/treatment-services/therapy-counseling-mind-springs-health/making-first-appointment-mind-springs-health/> for more information and to schedule an appointment.

**MRH Community Connect.** Moffat County community support group, Wednesdays at 4 pm.

Facilitated by Lyric Wood, MSW. Call 970-826-2400 to RSVP and for call-in/log-on instructions.

## Crisis Resources

**Open Heart Advocates.** 24/7 response for victims of domestic violence and sexual assault. Call 970-824-2400 (crisis) or 970-824-9709 (daytime on-call Advocate).

**REPS (Reaching Everyone Preventing Suicide).** Five *paid* counseling sessions for individuals with suicidal ideation. Sessions can be used in addition to EAP or other counseling supports. Contact Open Heart Advocates to request services, 970-756-8500 (Meghan) or 970-819-2232 (Mindy).

**Colorado Crisis Services.** 24/7 hotline providing mental health support. Toll free 1-844-493-TALK (8255), or <https://coloradocrisiservices.org/>.

**National Suicide Prevention Hotline.** 24/7 hotline, toll free 1-800-273-TALK (8255).

## Online Resources

**Mental Health Colorado.** <https://www.mentalhealthcolorado.org/help>

**Office of Behavioral Health State of Colorado.**

<https://www.colorado.gov/pacific/cdhs/article/covid-19-behavioral-health-info>

**National Alliance on Mental Illness (NAMI).** <https://www.nami.org/>

**National Institute of Mental Health (NIMH).** <https://www.nimh.nih.gov/index.shtml>

**Substance Abuse Mental Health Services Agency (SAMHSA).** <https://www.samhsa.gov/>