



ASSOCIATES IN
FAMILY MEDICINE

Counseling/Emotional Support for COVID-19 Crisis

Health District of Northern Larimer County

- Connections- Referrals to therapists; brief Telephone/Telehealth counseling for adults
 - Call 970-221-5551
- Cayac- Referrals to therapists; brief Telephone/Telehealth counseling and psychiatry for children, adolescents, and young adults
 - Call 970-221-3308

SAMHSA Disaster Distress Helpline

- (800) 985-5990 or text TalkWithUs to 66746 for 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters, including COVID-19.

Colorado Crisis Hotline

Reach out for free, confidential, professional, 24/7 support over phone or text

- Call 1-844-493-8255
- Text "Talk" to 38255

Summitstone Health Partners

- Behavioral Health Urgent Care 8am-12am
 - Walk in to 1217 Riverside Ave, Fort Collins, CO 80524
- Crisis Hotline: 970-494-4200

Psychologytoday.com

- Use their therapist finder tool to find a therapist in network with your insurance
- Most are now offering telehealth/phone appointments during COVID-19

AA (Alcoholics Anonymous)

- Join meetings online via Zoom or by phone
- <http://fortcollinsaa.com/>

NA (Narcotics Anonymous)

- Join meetings online via Zoom or by phone

- <https://www.na.org/meetingsearch/text-results.php?country=Web&state&city&zip&street&within=5&day=0&lang&orderby=distance>

Call your AFM office and ask to speak your Care Coordinator for help developing a plan to cope during this time and for referrals for ongoing counseling