



Support for Family and  
Friends of those with Mental Illness  
**Navigation Services**



Need more information? Contact our Navigation Services Team at 303-432-5130 or [navigation@jcmh.org](mailto:navigation@jcmh.org)

These resources are intended to support those who have a loved one with mental illness.

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

### **Groups at Jefferson Center**

#### **Jefferson Center for Mental Health**

(303) 425-0300

<http://jcmh.org>

- **Wellness Now!** – Offers an array of classes to support general wellness, including establishing healthy boundaries, forgiveness, and healing. Most classes are open to community members. **For more information, request a Wellness Now Catalog from Navigation, contact Wellness Now at [WellnessNow@jcmh.org](mailto:WellnessNow@jcmh.org), or visit <https://www.jcmh.org/wellness-classes/>**

### **Groups in the Community**

#### **Mental Health Colorado**

<https://www.mentalhealthcolorado.org/parents-group/>

- Hosts a statewide virtual group for parents with adult children with serious mental illness

#### **NAMI Family Support Groups**

303-321-3104

[info@namicolorado.org](mailto:info@namicolorado.org)

<http://www.namicolorado.org/>

- Offers an opportunity for family members to get family-to-family support, share their experiences, and promote self-care. In-person and virtual options are available.
  - To find a meeting locations, times, and contact information, visit: <https://namicolorado.org/support-education/virtual-family-support-groups/>
  - [Family Members and Caregivers - NAMI High Country Colorado](#)
- NAMI Colorado also provides “Family to Family” classes, offering education, skill training, emotional support, and empowerment. This 8-session series is provided at no cost to family members and caregivers of persons living with mental illness.
  - For more information, contact NAMI Jeffco at [namiJeffco3@gmail.com](mailto:namiJeffco3@gmail.com) or fill out an online form here: <https://namiJeffco.org/education/family-to-family/>

#### **Empower Colorado (A program of Ability Connection Colorado)**

1-877-472-7201

<https://www.abilityconnectioncolorado.org/programs/>

- Offers support, education, advocacy, and resources to families with children living with disabilities and mental illness.

### **Contents:**

There are several free and low-cost groups in our community that **provide education and support** to family and friends of those with mental illness.

Our resources have been organized into the following categories:

- [Groups at Jefferson Center](#)
- [Groups in the Community](#)
- [Crisis Support](#)
- [Online Resources](#)

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## **Co-Dependents Anonymous**

720-463-4675 (Meeting Information Line)

[coloradocoda@gmail.com](mailto:coloradocoda@gmail.com)

<https://coloradocoda.com/contact>

- A CoDA meeting is a group of people who come together around their shared desire for healthy and loving relationships. The meeting uses the Twelve Steps and Twelve Traditions of Co-Dependents Anonymous as the basis for working toward recovery.
- Offers in person and virtual meetings

## **Schizophrenia and Psychosis Action Alliance**

240-423-9432

[info@sczaction.org](mailto:info@sczaction.org)

<https://sczaction.org/>

- Promotes improvement in the lives of people with schizophrenia-related illnesses and their families by providing support, hope, and awareness to increase recovery.
- Offers caregiver and peer support groups via in person and telehealth

## **Aging Parent Tribe: Info and Support Facebook Group**

<https://www.facebook.com/groups/agingparenttribesouthdenver>

- Denver Facebook group supporting caregivers who are taking care of their aging parents.
- It is a private Facebook group, and you will need to request access to join.

## **Crisis Support**

### **Crisis and Peer support hotline 27/7/365**

**Dial 9-8-8**

<https://www.988colorado.com/en>

- Offers free, confidential, 24/7 telephone service for mental health or substance use crisis help, information, and referrals.
- The crisis line offers translation services for non-English speakers, immediate problem-solving support, and follow up calls for continued care.

## **Online Resources**

### **The Balanced Mind Parent Network**

<http://www.thebalancedmind.org/>

- Offers online support for parents and guardians of children living with mood disorders.

### **Mental Help.Net**

[www.mentalhelp.net](http://www.mentalhelp.net)

- Online mental health and wellness education on topics like Depression, Bipolar, Suicide, Anxiety, Addiction, and Schizophrenia.