

Self-Care Practice

Name :

be

Date :

Emotional Self-Care

Things I like

Things I don't like

Self-Care Notes

Appointment



1

setting
boundaries

2

connecting
with nature

3

getting
enough rest

8

finding your
purpose

STRESS

MANAGEMENT

TECHNIQUES

4

cultivating
creativity

7

practicing
self-reflection

6

connecting
with others

5

staying
active

Supportive Resources List: Mental Health (Colorado Denver)

Helpline Numbers:

1. Colorado Crisis Services: 1-844-493-TALK (1-844-493-8255)
2. Mental Health Center of Denver Crisis Line: 303-504-7900
3. Suicide Prevention Coalition of Colorado: 1-844-493-8255
4. National Alliance on Mental Illness (NAMI) Colorado Helpline: 1-800-273-8255

Websites:

1. Wellpower - www.wellpowermovement.org
Local organization promoting mental health, well-being, and community support in Colorado Denver.
2. Mental Health Colorado - www.mentalhealthcolorado.org
Advocacy, resources, and information on mental health services in Colorado.
3. Colorado Department of Human Services - Office of Behavioral Health - www.colorado.gov/obh
State resources, treatment options, and mental health initiatives in Colorado.
4. Metro Denver Network - www.metrodenvernetwork.org
Network of mental health providers and resources in the Denver metropolitan area.
5. Aurora Mental Health Center - www.aumhc.org
Community mental health center providing services in the Aurora area.

Apps:

1. MyStrength
Personalized tools and resources for mental health and well-being.
Available on iOS and Android.
2. Colorado Crisis Services
Access to mental health support and resources specific to Colorado.
Available on iOS and Android.
3. MindShift CBT
Cognitive-behavioral therapy-based tools for managing anxiety and stress.
Available on iOS and Android.
4. InnerBalance
Guided meditation and relaxation exercises for mental well-being.
Available on iOS and Android.