

FOR YOU:

DEPRESSION RESOURCES

Signs & Symptoms of Depression

Fatigue, lack of energy, Insomnia, sleep issues such as waking up frequently, too early, or sleeping too much, anxiety, irritability, restlessness, feeling worthlessness, feelings of guilt, lack of interest in hobbies or activities, changes in appetite or weight, forgetfulness, moving more slowly, talking and thinking more slowly, increased fidgeting, trouble concentrating, difficulty making decisions and slower thinking, thoughts of not wanting to live, death, suicide attempts or self-harm behaviors.

Depression is a disorder of the brain. More than 20 million people in the United States have symptoms of depression. There are many causes of depression including genetic, psychological, and biochemical factors. You may have an increased risk of depression if there is a family history of it, if you have experienced trauma or a major life change, stress, or certain physical illnesses or injuries.

You are not alone and there is nothing to be ashamed of for feelings you are having. You should seek support from someone skilled and trained to best help you.

There are many options for help:

Locally:

Aspen Hope Center 24-hour Hope line/Crisis Line

Garfield County 1-970-945-3728 & Aspen 1-970-925-5858.

Mind Springs Health

Call the assessment for admissions team any time day or night 1-970-201-4299

Colorado Crisis Services (CCS) 1-844-493-8255 or text "TALK" to 38255.

National Helpline if you know someone is struggling or in crisis SAMHSA National Helpline 1-800-662-4357 (HELP) or text 988 or chat online 988lifeline.org.

EAP employment options also offer crisis help (see your HR department for EAP information)

Mental Health First Aid Kit: mindspringshealth.org/mental-health-first-aid/ is a course offered through Mind Springs Health in person or in a webinar/virtual class for adults and youth.

Contact Tom Gangel at TGangel@MindSpringsHealth.org or 970.819.2625 for more information or to sign up.

National Suicide Prevention Lifeline (Veterans Press 1) 1-800-273-8255 (TALK).

Veterans Crisis Line Call 988 and select 1 or text 838255 or start a confidential online chat <https://www.veteranscrisisline.net/get-help-now/chat/> for TTY call 711 then 988. For more information and resources go to [VeteransCrisisLine.net](https://www.veteranscrisisline.net)

ADDICTION RESOURCES

1-800-662-4357 **SAMHSA National Helpline** to speak with someone today to find substance use treatment and information. This hotline is confidential and is for individuals and family members facing mental or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

Suggested Resources:

Understanding Drug Use and Addiction

<https://nida.nih.gov/publications/drugfacts/understanding-drug-use-addiction>

Addiction is a chronic disease characterized by drug seeking and use that is compulsive or difficult to control. This alters your brain function and the brain changes become persistent, which makes treatment plans more individualized and ongoing. Long-term use causes changes in brain chemical systems and circuits and some affected functions include learning, judgement, decision-making, stress, memory, and behavior. Addiction is treatable and can be successfully managed with determination and dedication along with support systems and resources.

FindTreatment.gov

What is Substance Abuse Treatment? A Booklet for Families

<https://store.samhsa.gov/product/what-substance-abuse-treatment-booklet-families/sma14-4126>

High Rockies Harm Reduction

<https://highrockiesharmreduction.com/>

A program that is combating overdose deaths, the spread of infectious disease, economic costs, and other negative consequences of substance use in rural Colorado through the expansion and provision of evidenced-based harm reduction programming and peer support services. 1-970-618-4194 to schedule a Narcan training and or order free

