

Mental Health Partners is Here for Our Boulder Community

Rebuilding Lives Through Therapy and Support To Create a Stronger Community

#BoulderStrong Resource Center

A multi-agency resource hub managed by Mental Health Partners and sponsored by King Soopers providing support for residents, visitors, and first responders affected by the Table Mesa incident. Located at Chase Bank in the Table Mesa Shopping Center (603 S. Broadway-2nd floor), and open 11:00 a.m. to 7:00 p.m. Tuesday through Sunday (closed Monday).

Moving Beyond Trauma

Offering individual and family therapy to assist people in healing from trauma using the most current, evidence-based trauma treatments. For more information please call (303) 443-8500.

Resiliency Trainings

Four trainings are available to help individuals understand and develop skills to deal with stress and adversity in their lives, assist others and navigate this tumultuous time with compassion, grace, and positive outcomes. To register and for more information, call (720) 406-3690 or email criley@mhpcolorado.org.

Walk-In Crisis Services

For immediate crisis support, call the 24/7 Statewide Crisis Line at 1-844-493-TALK (or text TALK to 38255), or visit the 24/7 Walk-in Crisis Center & Addiction Walk-In Services located at 3180 Airport Road, Boulder CO

My Resilience Website: <https://boulderresilience.com/>

This free, interactive experience is a customized learning and skill-building environment that aids in understanding what a person may be experiencing in the aftermath of a traumatic event.

Individual Therapy

Individual, supportive counseling is available at no cost through August 1, 2021 for King Soopers employees, employees of other businesses in the Table Mesa shopping center, and customers shopping at Table Mesa merchants from March 22. Please call MHP's Main Line at (303) 443-8500.

Support the TogetherStrong Fund

To support the work of Mental Health Partners' caregiving team who are providing individual and group counseling to those most affected, donate to our TogetherStrong Fund at: www.mhpcolorado.org/donate-today/

Find Us Online!

For the latest information on the #BoulderStrong Resource Center, resources on trauma, grief and coping and additional support, visit: <https://weareboulderstrong.com>

