

# SUFFERED IN ANY WAY BECAUSE OF COVID-19?

## Connect with Colorado Spirit

If you are stressed or other-wise impacted  
because of the pandemic, **FREE help is available.**

Colorado Spirit is a FEMA-funded recovery program to provide disaster survivors with community-based outreach, stress and resilience education, and connection to mental health and other community resources.

### Contact one of our Outreach Specialists Today

Megan Vilece  
Team Lead

970.985.5511

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Jana Chapin  
Outreach Specialist

970.531.6533

JChapin@MindSpringsHealth.org

Senior (970.985.9483), Child (970.531.7450) & Bilingual (970.531.5582) Specialists Available



### Free Digital Mood Checker & Stressbuster

Visit [myStrength.com](https://myStrength.com) or download the myStrength app.

Use Access Code CCPMSH

SCAN QR CODE  
FOR MORE  
INFORMATION



**MIND SPRINGS** *health*

Prevention. Care. Recovery.



**FEMA**