

AOPYO

MENTAL HEALTH

RESOURCE GUIDE

**“The only journey
is the journey
within”**

*Check out AOPYO's Mental Health
Resource Guide on the many
options available to caring for your
mental wellbeing.*



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INTRODUCING

YOUNG ADULTS COUNCIL



The Young Adults Council, or YAC, is a chapter of the Apprentice of Peace Youth Organization dedicated to working on the Value of Life. The YAC was established in 2018, when two violent incidents occurred in Aurora Mall while AOPYO members were present.

That incident became a catalyst for a powerful movement of combatting youth violence, by first addressing its intersectionality with mental health. To this day, the YAC promotes the Value of Life all year-round so that their voices can be heard.

VALUE OF

The Value of Life is a movement geared towards combatting youth violence on a local, national, and global scale. Its target is to address the underlying issues that lead to youth violence, such as racism, poverty, lack of community belonging, poor mental health, and others.

The Value of Life movement seeks to promote courageous conversation through its workshops in self-care, destigmatizing mental health, and whole-person development.



MENTAL HEALTH RESOURCES IN DENVER

MENTAL HEALTH CENTER OF DENVER (WELLPOWER)

Wellpower is a place for recovery, resilience, and well-being. They are known locally and nationally as a model for innovative and effective community behavioral healthcare.

Address: 4455 E 12th Ave, Denver, CO, 80220

Phone: (303) 504-7700

CENTER FOR TRAUMA AND RESILIENCE

The Center for Trauma and Resilience provides services to those affected by crime and the resulting trauma at no cost.

24-hour houtline Numbers:

(303) 894-8000 (English)

(303) 718-8289 (Español)

MENTAL HEALTH FIRST AID

Mental Health first Aid [romotes and supports mental health education and wellness.

Address: 303 E. 17th Ave , Suite 910. Denver CO 80203

Phone: (720) 573-3585

DENVER SPRINGS

Denver Springs treats most major mental illnesses such as depression, anxiety, and PTSD.

You can schedule an assessment by phone or chat 24/7.

Address: 8835 American Way, Englewood, CO 80112

Walk-ins accepted 24/7

Phone: 720-316-6879

MENTAL HEALTH RESOURCES IN COLORADO

AURORA MENTAL HEALTH CENTER

AMHC offers services to address a wide range of mental health conditions such as outpatient counseling, 24-hour emergency services, and consultation/education.

*Address: 2206 Victor St. Aurora,
8am to 11pm everyday
Phone: 303-617-2300
Monday to Friday 8am - 5pm*

COLORADO CRISIS SERVICES

They are Colorado's statewide resource for mental health, substance use or emotional crisis help, information, and referrals.

*Crisis Line:
1-844-493-TALK (8255)*

MENTAL HEALTH RESOURCES NATIONWIDE

CEREBRAL

Cerebral offers on-demand mental health and wellness support. They provide behavioral health coaching, talk therapy, medication management, and personalized content. They start at \$30 per month.

Sign up at cerebral.com

THERAPEASY

Therapeasy is a free therapist-matching service to help patients make the most out of their therapy sessions.

Website: therapeasy.co/home

HEADSPACE

Headspace is an app that helps create life-changing habits to support mental health through science-backed meditation and mindfulness tools.



BEST MENTAL HEALTH PRACTICES

BREATHE

Deep breathing can help lessen stress and anxiety. By breathing slower and more deeply from your stomach, you signal your nervous system to calm down.

JOURNAL

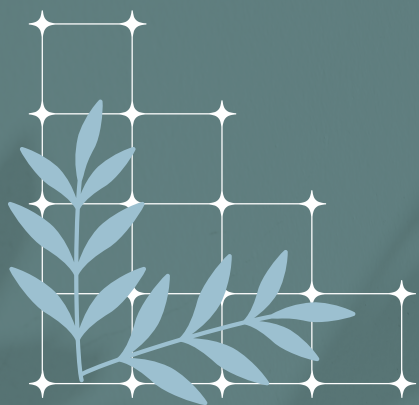
Journaling helps improve your mood as it helps you prioritize problems, fears, and concerns.

TALK TO SOMEONE

Simply talking about our problems and sharing our negative emotions with someone we trust can help reduce physical and emotional distress.

TAKING WALKS

Benefits of walking range from stress and anxiety management to clearing brain fog and boosting your ability to quickly solve problems.



it's important to us.

- the youth

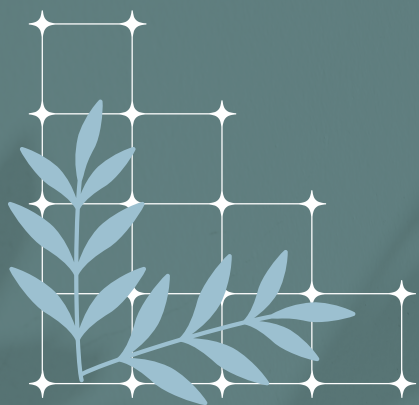
THE JOURNEY OF FINDING MY WORTH

TW: Suicidal Ideation

My mental health journey, which I think is relatable to some people, began in my late childhood and early teenage years. I realized that I had been having extremely vivid dreams about my family. These dreams scared me to death, and replayed themselves every time I closed my eyes. Sadly, I reached a point where I contemplated taking my life at 16. I am happy that I did not attempt the act of suicide, because if I did I would not be here today! Since 16, I learned that my life is much more than trauma and sadness. It is everything I make it to be. It took me many years to come to this realization. I struggled at first with believing that my life was valuable, and underwent cognitive behavioral therapy with a combination of the use of antidepressants. Both of these treatments did not last long due to issues with insurance, but it lasted long enough for me to understand the importance of me staying alive. I continue to remind myself that my life is like an egg. It is fragile, but with warmth, love, and care, it can flourish into something beautiful, like a baby chick.

LIVING THE HARSH REALITIES

College was not easy for me. Although I was interested in politics, I don't know if anyone was prepared to learn deeply and extensively about power dynamics and all of those other things while dealing with COVID, American politics and international relations. From 2018 to now, June of 2022, it has been hard to be required to pay attention because the things you learn and the conclusions you will most likely cause stress and anxiety. Finding peace in these times is not easy. Much of our entertainment outside of stressful work or school environments are saturated with violence. Most of us had our outside activities replaced with living room activities. I honestly don't know how I made it through. I saw a lot of people not make it through college for various reasons, even after we returned to in-person classes. Like many, I've also had to deal with multiple close friends and family passing away for various reasons.



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THE DARK SHADOW OF LONELINESS

My worst experience with my mental health was when I was in 4th grade and I had to switch schools. One of the years in school was such a rollercoaster for me because that was when my narcolepsy was in full swing. I tried so hard to understand and control it, but it was made even more difficult because there were big changes in the dynamics of friendship.

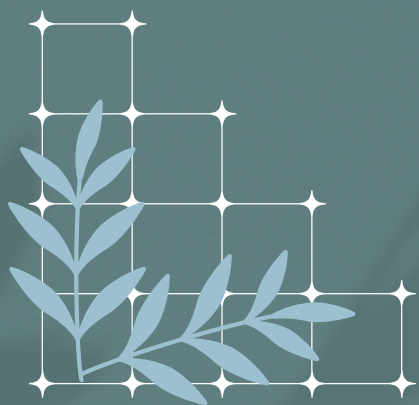
For the first time in my life, I was so unhappy that I began to lose interest in the things I loved to do, and when I tried to get help from the adults, nothing ever really changed until some of the students took pity on me and actually tried to help me. They befriended me and eventually, I found some peace being with them. Their efforts to include me helped me better myself mentally, and they honestly are the people who helped me find ways to cope.

THE FIRST TIME I THOUGHT I WAS DYING

TW: Anxiety

One of the first panic attacks I had, I was convinced I was dying. My heart was beating so fast, it felt like it was just going to suddenly stop beating completely. My hands began to shake uncontrollably. I was at school. I wanted to tell someone that something was wrong but I couldn't speak. It was like the words were stuck in my throat. My leg began to shake. I started to breathe manually. I felt like I was beginning to suffocate in my own body. My teacher just happened to pass by me, she must've seen the fear in my eyes. She asked me if I was okay, I was able to shake my head no. She sent me to the nurse with a friend. As I got up and began to

walk my heart began to slow, my hands stopped shaking but my fingertips tingled. I was oddly aware of how hot my ears felt. When I got to the nurse she asked me what happened. She told me it sounded like a panic attack. To this day panic attacks will come out of nowhere. Over the years I have learned to calm myself down but they are still scary. I have learned the 1,2,3,4,5 to calm myself down. This is one of the tactics I use, 5 things you see, 4 things you hear, 3 things you smell, 2 things you can touch, and one thing you can taste. I also use some breathing techniques like 343, breathe in for 3 seconds hold it for 4 seconds and then breathe out for 3 seconds. I wish that more kids were educated and had more knowledge about their mental health. This way if something is happening they know how to speak up and ask for help when they or others need it.



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THE BATTLE NOBODY ELSE SEES

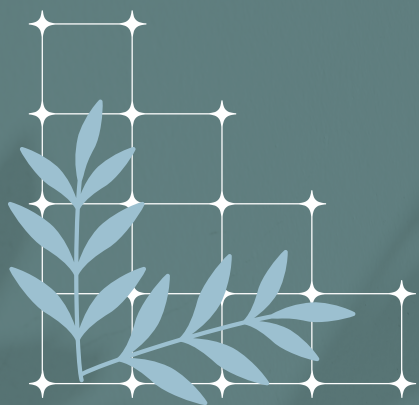
TW: PTSD

I was involved in a car crash not long ago, and the trauma I went through, seemed impossible to overcome. For a long time I struggled being in a car without crying, and replaying it over and over in my head. There were many sleepless nights, and panic attacks I was able to overcome. I overcame these difficult situations with therapy, and the support of my family and friends. I had many conversations where I expressed my feelings with others and they helped me process my thoughts. I can say that it takes time to heal, and I have learned how to relax more and accept what life throws at you. I am now able to ride in the car with others without crying, and see an accident without breaking down. When I start to get worried and nervous in the car, I think about the things in my control and the things I can not control, and take deep breaths.

THE CHRONIC ILLNESS OF BEING AN OVERACHIEVER

The first and most crucial step in taking care of one's mental health is to know that it is priority number one. That means no excuses can be made, no procrastination should touch the healthcare, and that everything must be dropped in the name of mental health. I have learned the hard way that no schoolwork or other responsibility is important enough to trade or risk my mental health for. Sometimes it hits me all at once. Don't ask me what "it" refers to because I don't know. Out of nowhere, I'd suddenly be overwhelmed with whatever thoughts occupy my mind in a certain time. It puts me in a terrible mood and I'm left frustrated throughout the day. Being the good student that I am, I try to continue on with my work but I can feel that my output is not the best.

It's difficult for me to let go and accept that sometimes I need to take a step back; that I am not immune to what makes humans human, that this is normal. I try to master this every day because I know that if I push it back, it will only come back stronger. All I need is to remember that my well-being surpasses all other responsibilities and work, and that if it comes to it, I need to make that choice of dropping everything and being okay with it.



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- *the youth*

GROWING WHERE PLANTED

The past two years have been, with no doubt, a matter of trials and tribulation for my mental health. Going through the motions of quarantine has affected me without me being aware of it. I was in a head space of individual isolation which would have been a bridge to total self-improvement had it not been weighed down by loneliness. It was a rough time, to say the least, especially when I was unknowingly shutting myself off the rest of the world. I accumulated unhealthy habits to the point where I didn't even think of pulling myself back up. Eventually, things started to come back around during the middle part of last year. Our family had just moved to another city and soon after, I graduated from high school. This gave me a platform to start fresh and build on what I still had: myself.

Since then, I've gradually built up the strength to get myself into a better place mentally and it all began with opening my closed doors and being honest to my emotions; and although things have been previously difficult, I hold no regrets about experiencing that chapter in my life. It's as if those were the pillars that gave me a hardened will to go on to where it helped me go through a heavy loss in the family; it has indefinitely played a big role in my maturity as I get faced with the decisions that come with getting into adulthood. Moving forward, I expect that things will not slow down for anyone, including me. Tough times will come around and I'm okay with that as it was tough times that have built me into who I am today.

CONTACT US



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IT STARTS WITH YOU



LET'S
WORK TOGETHER!