



# Schizophrenia Support Groups

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## Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or [navigation@jcmh.org](mailto:navigation@jcmh.org)

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

### Groups at Jefferson Center

#### **Jefferson Center for Mental Health**

303-425-0300

<http://www.jcmh.org>

- Wellness Classes – Offers an array of classes to support general wellness, including meditation, stress management, and goal setting
- Most classes are open to community members. *For more information, request a Wellness Catalog from Navigation at (303) 432-5130, or visit <https://www.jcmh.org/wellness/>*

### Groups in the Community

#### **Schizophrenia and Related Disorders Alliance of America (SARDAA)**

240-423-9432 or 1 (800) 493-2094 (toll-free)

<http://www.sardaa.org/>

- SARDAA promotes improvement in the lives of people with schizophrenia-related illnesses (mental illness involving psychosis) and their families by providing support, hope, and awareness to increase recovery.
- Provides Schizophrenics Anonymous (SA), a community-based, self-help, peer support group for individuals living with schizophrenia and their loved ones.
- Also offers support via SA Conference Calls.
  - Every Sunday – 7 pm Eastern Time
  - Every Monday – 4 pm Eastern Time
  - Every Wednesday – 1 pm Eastern Time
  - Every Thursday – 4 pm and 7 pm Eastern Time
  - Every Friday – 2 pm and 7 pm Eastern Time
  - Every Saturday – 1 pm Eastern Time
- Zoom meetings available every Saturday at 7 pm and Sunday at 4 pm Eastern Time
- Spanish-speaking meetings available every Sunday at 8:15 pm Eastern Time

### Peer Support

#### **NAMI Connection Recovery Support Group**

720-809-5060 or 1(800) 273-8255 (Helpline)

<http://www.namicolorado.org/> (NAMI Colorado)

<http://www.namijeffco.org/> (NAMI Jefferson County)

- The NAMI Connection Recovery Support Group Program is a peer-based, mutual support group program for any adult living with a mental illness.
- NAMI Jefferson County is holds virtual Connection groups every Monday from 6:30-8:00 PM.
  - Please contact Penny at [pkayhutt@gmail.com](mailto:pkayhutt@gmail.com) to register.

### **Contents:**

There are several free groups in our community that **provide education and support** to individuals experiencing mental illness.

Our resources have been organized into the following categories:

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## Rocky Mountain Crisis Partners – Peer Support Line

1-844-493-8255 (follow prompts to Opt-In to the Support Line)

Text TALK to 38255

<http://www.metrocrisiservices.org>

- Offers free, confidential, strengths-based support by trained peer specialists, year-round, from 7am to midnight.
- Peer Specialists are individuals who have lived experience dealing with mental illness or substance use challenges, who are in recovery, and are dedicated to providing support for others facing similar challenges.
- Peer Specialists are from all walks of life, and are trained to provide supportive listening, coping skills, tools to facilitate change, stress reduction, self-empowerment, and hope.

## Crisis Support

### Rocky Mountain Crisis Partners

24 Hour Hotline: 1(844)493-8255

<http://www.metrocrisiservices.org>

- Offers free, confidential, 24/7 telephone service for mental health or substance use crisis help, information, and referrals.
- Call 1 (844) 493-8255 any time, day or night, to connect with one-on-one support with professional counselors. The crisis lines offers translation services for non-English speakers, immediate problem solving support, and follow up calls for continued care.

## Online Support

### MyStrength – The Health Club for Your Mind

<https://www.mystrength.com/>

Access Code: JEFF4U

- A web-based tool that provides online tools, inspiration, and resources for general wellness, as well as specific support for individuals living with mental health issues.
- Users must register and/or login to use.
  - To sign-up, visit <https://app.mystrength.com/signup>. If you are a current client of Jefferson Center, please contact your Care Coordinator for your access code. If you are a member of the community, please use access code: JEFF4U
  - To login, visit: <https://mystrength.com/login>

## Mental Help

[www.mentalhelp.net](http://www.mentalhelp.net)

- Online mental health and wellness education on topics like Depression, Bipolar, Suicide, Anxiety, Addiction, and Schizophrenia.

## OK2Talk

<https://ok2talk.org/>

- A place to blog and share stories about mental health

## You Are Not Alone

<https://notalone.nami.org/>

- A place to blog and share stories about mental health

Need more information? Contact our Navigation Services Team at 303-432-5130 or [navigation@jcmh.org](mailto:navigation@jcmh.org)

## **Schizophrenia.com – Help, Information, and News**

<http://schizophrenia.com/>

- Online community dedicated to providing high quality information, support and education to the family members, caregivers and individuals whose lives have been impacted by schizophrenia.

## **Support for Parents, Family Members, and Partners**

### **EMPOWER Colorado (A program of Ability Connection Colorado)**

1-866-213-4631

<https://coloradosupport.org/program/empower-colorado/>

- Offers support, education, advocacy, and resources to families with children and youth living with a mental illness.
- Current calendar of events is available at: <https://www.facebook.com/EmpowerColorado>
- Experience support in a variety of ways:
  - Public and Private Facebook pages
  - Coffee Get-Togethers
  - Phone Calls
  - Family advocacy and support with schools, hospitals and juvenile justice systems
  - Annual Family Picnic

### **NAMI Family Support Groups**

720-809-5060 or 1(800) 273-8255 (Helpline)

<http://www.namicolorado.org/> (NAMI Colorado)

<http://www.namijeffco.org/> (NAMI Jefferson County)

- Offers an opportunity for family members to get family-to-family support, share their experiences, and promote self-care.
- Our Littleton-based Family Support Group will be online on the 1st and 3rd Thursday of each month from 6:30-8:30 PM.
  - For instructions on how to join the Family Support Group meeting, please contact Cheri at 303-518-1289.
- Our Wheat Ridge-based Family Support Group will be online on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of every month from 7:00-8:30 PM
  - For instructions on how to join the Family Support Group meeting, please contact Linda at [lporter@q.com](mailto:lporter@q.com) or 303-330-5305.