

**Alcohol or Substance
Use/Abuse Service**

**Domestic Violence
Treatment Services**

**Colorado Department of
Human Services**

**Colorado Mental
Health Disaster
Response
System**

Division of Mental Health



All it takes is
a call

**COLORADO DEPARTMENT OF HUMAN
SERVICES**

**Curt H Drennen, Psy.D. R.N.
Mental Health Services
3824 West Princeton Circle
Denver, CO 80236**

**Phone: 303-866-7403
Fax: 303-866-7428
Email: curt.drennen@state.co.us**



**Community
Resource List**

REFERRAL TO A MENTAL HEALTH PROFESSIONAL



RESOURCES

Crisis Hotline Services

Counseling or Mental Health Services

Following a disaster, people will respond in different ways, all of which are normal. These responses can result from experiencing, witnessing, or participating in an overwhelmingly traumatic event. Sometimes these responses will be functional and help you move toward health. Some responses will be more of a barrier for you and affect functioning in negative ways.

These reactions can develop into more serious problems like Post-Traumatic Stress Disorder (PTSD), Major Depression or an Anxiety disorder. You may wish to contact a mental health professional if you notice problem causing changes in your or a loved one's behavior following a disaster. Normal responses to a disaster that may become problems include:

- ❖ extreme changes in activity
- ❖ isolation or withdrawal
- ❖ overly tearful
- ❖ irritability or anger
- ❖ feeling hopeless
- ❖ difficulty concentrating
- ❖ difficulty making decisions
- ❖ frequent sleep problems
- ❖ upset stomach
- ❖ violence toward self or others
- ❖ increased alcohol or substance use
- ❖ feeling overwhelmed
- ❖ emotional numbness or jumpiness

Or anything that is significantly out of the ordinary or causes problems for you.

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