



We're here
when **you**
need us...

Providing prevention/early intervention services to the community, particularly in times of crisis, and decreasing the risk for individuals developing mental health disorders is part of Jefferson Center's mission as the community's mental health center.

Phone (303) 425-0300

Helping individuals and families cope with the challenges of the severe economic downturn, and other tough life issues.



Jefferson Center
for mental health

Phone: (303) 425-0300

Fax: (303) 432-5036

www.jcmh.org

Jefferson Center Partners

A program of

Jefferson Center for Mental Health

*Serving residents of Jefferson, Clear Creek,
and Gilpin counties.*



**quick, easy access
to low-cost
counseling services**

Helping individuals and families cope with the challenges of the severe economic downturn, and other tough life issues.

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Jefferson Center Partners



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for mental health

Stress over money and the economy continues to take a physical and emotional toll on individuals and families.

The ongoing economic downturn has produced a surge in the number of problems for families and individuals resulting in an increased demand for help in coping with the emotional strain.



As families and individuals struggle with a variety of challenges... job and/or home loss,

threat of foreclosure, loss of retirement security, mounting debts... a growing number are experiencing more stress, feelings of hopelessness and helplessness, anxiety, and depression, impacting not only the individuals' physical and mental health but disrupting one's personal relationships and family.

We're here when YOU need us... (303) 425-0300

Due to the continued record demand for services, Jefferson Center for Mental Health has extended a temporary program called "Jefferson Center Partners" that will make quick access to low-cost counseling available to any member of our community: residents of Jefferson, Clear Creek, and Gilpin counties.

According to data from the American Psychological Association's '2010 Stress in America' survey, nearly three-quarters of Americans said that their stress level exceeds what they would define as healthy. With the U.S. economic downturn in its third year, many Americans are overwhelmed by the pressure of finances, job loss and other recession-related concerns. This prolonged stress takes a toll on a person's emotion and physical health, increasing the risk of developing heart disease, depression and other chronic illnesses and impacts the well-being of their children and families.



Services available through Jefferson Center Partners:

Short term counseling for individuals and families

quick, easy access to outpatient counseling services; \$5 co-pay.

Wellness Services

access to free classes and groups on topics that help people manage stress, such as 'managing stress', 'managing anxiety', 'household budgeting', and 'healthy eating on a budget'.

Navigation Services

free assessment, screening and problem solving for all public benefits; referrals to resources in the community.

Solutions now!

Individuals and families with private commercial insurance may be eligible for counseling and medication services through Jefferson Center's **Solutions now!** program.