Free Mental Health HelpLines

Colorado Crisis Services Helpline **24/7/365** 1-844-493-8255 Or text "talk" to 38255

SAMSHA National Substance Abuse and Mental Health Helpline 1-800-662-4357

Online Counseling from Auraria Campus Schools

Community College of Denver Counseling Center

https://www.ccd.edu/employees/departments/student-conduct-support/counseling-center

Metropolitan State University of Denver Counseling Center

https://www.msudenver.edu/counsel/

University of Colorado Denver Counseling Center

http://www.ucdenver.edu/life/services/counseling-center/Pages/default.aspx

Free 12-step Speaker Tapes

12-step Speaker Tapes (Just about every 12 step fellowship you could imagine) https://www.xa-speakers.org/pafiledb.php?action=file&id=13

12-step Speaker Tapes (AA, NA, Al-Anon, Workshops, Book Studies)

https://odomtology12step.com/

Also available as a phone app for android or iPhone. Links are on their website

Top 50 AA Speakers

https://www.rehab4addiction.co.uk/resources/best-aa-speeches-all-time

Free Online/Phone Recovery Meetings

Adult Children of Alcoholics online meetings

https://adultchildren.org/quick-search/?onlinebt=Click+Here

Al-Anon online meetings

https://al-anon.org/al-anon-meetings/electronic-meetings/#Phone Meetings

Alcoholics Anonymous online meetings

http://aa-intergroup.org/

Cocaine Anonymous online meetings

https://www.ca-online.org/

Heart of Recovery 12-fold path Recovery Meeting w/ Meditation and Discussion Monday and Wednesday at 6:30 PM

https://zoom.us/j/848376743

Narcotics Anonymous online meetings

https://www.na.org/meetingsearch/text-results.php?country=Web&state&city&zip&street&within=5&day=0&lang&orderby=distance

Overeaters Anonymous online meetings

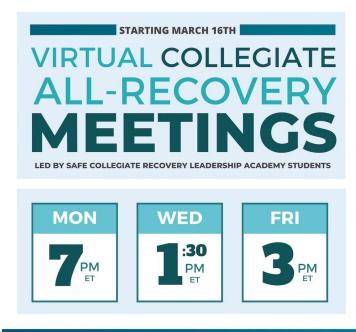
https://oa.org/find-a-meeting/?type=1&sort=ASC&timezone=MST&limit=400&submit=true

Sex Addicts Anonymous online meetings

https://saa-recovery.org/meetings/

Sex and Love Addicts Anonymous online meetings

https://slaafws.org/onlinemeetings





Free Yoga, Meditation, and CrossFit Led by The Phoenix

- 1. <u>First</u>, please enroll as a new member of The Phoenix. It's really quick and easy https://thephoenix.org/participate/?fbclid=IwAR3AoynuBTiJBpUt9f4WUU9TUbEr8DsRSCgSUIs2Y2oj2Y-JrQhgKafiBIg
- 2. <u>Second</u>, look at their calendar, and join their events via Zoom. They have an easy to access link on their calendar. They have meditation, yoga, and crossfit almost every day. https://thephoenix.org/virtual/?fbclid=IwAR3W1SDVebejCgJCMuTJExIHyhMOoHjRsDwOy0cquK9UlgzgUcihuaBU1fQ

Free Cross-Platform Video Games

Fortnite

https://www.epicgames.com/fortnite/en-US/home

PC, Mac, Mobile, PlayStation, Xbox, Switch

Dauntless

https://playdauntless.com/

PlayStation, Xbox, Switch, PC

Chess Time

https://chesstimeapp.com/

PC, Android, iPhone, iPad