

COVID Mental Health Support and Parent Resources 2021

- **Parent support group, Jan 7 and 21 at 12pm.** This support group is free and participants *do not* have to be Axis patients.
 - Join Zoom Meeting
 - <https://us02web.zoom.us/j/81970770711?pwd=OFRVazB6dU5WbEtPdHhXeUUwSTkrZz09>
 - Meeting ID: 819 7077 0711
 - Passcode: 270517
 - One tap mobile
 - +12532158782,,81970770711#,,,,*270517# US (Tacoma)
 - +13462487799,,81970770711#,,,,*270517# US (Houston)
- **24/7 Axis Care Hotline, 970.247.5245:** <https://www.axishealthsystem.org/treatment-services/crisis-care/>
 - **New FREE “Community Counseling Program (CCP)”:** Our community counselors are trained to provide support around the stress, and disruption COVID-19 has created for individuals and families. 970.828.6004 <https://www.axishealthsystem.org/community-counseling-program/>
 - The CCP also includes the [Healthcare Worker and Educator Support Line](#) through the University of Colorado Anschutz Medical Campus, which provides text and call support and is open to any healthcare providers, hospital employees, public health workers, medical support staff, teachers, and educators. Support line is 303-724-2500.

Youth Services: Expanded youth regional behavioral health services and new “coaching” treatment info, <https://www.axishealthsystem.org/news/in-pcit-kids-play-therapists-coach-parents-learn/>

Free SMART Recovery (Self-Management and Recovery Training): Monday 10:00 AM, Tuesday 1:00 PM

- Join the meeting: <https://call.lifesizecloud.com/3885416> Passcode: 8581#
- Call in by Phone (audio only) United States: +1 (312) 584-2401
- Meeting extension: 3885416#
- Passcode: 8581#

[Cortez Young People in Recovery Support Group \(all ages\):](#)

- Monday at 5:30
- Link to join: <https://meet.google.com/rff-rvma-vxu>
- Or to call in at: +1 260-225-9878
- Meeting PIN: 127 260 439#

Meet our providers (use the sorting function to find a provider in your location): <https://www.axishealthsystem.org/health-care-providers/>

Axis also has a **tech specialist** who can help clients to access telehealth appointments: <https://www.axishealthsystem.org/featured-articles/tech-support-helps-you-prep-for-virtual-health-visits/>

Our main video page: <https://vimeo.com/axishealthsystem>

- <https://vimeo.com/420780607> "Let's learn about the WAIT acronym: Why Am I Talking?"
- <https://vimeo.com/420785853> Tips for parents on setting boundaries
- <https://vimeo.com/409916461> Tips on prompting in this segment of What Teachers Know, a support for teachers and parents during the pandemic.
- <https://vimeo.com/409927775> K.D. Bryant, LPC, of Axis Health System talks about fairness in this video segment of What Teachers Know.
- <https://vimeo.com/409888533> How to build and practice routine with children in this video segment of "What Teachers Know."