

Cancer Survivorship & Mental Health

At any point in your cancer journey, it's common to experience feelings of anxiety, overwhelm, stress, or depression. While some people might expect you to get "back to normal" soon after you finish treatment, it's hardly that easy! Your body is coping with a range of new changes, and so is your mind. Even though it's common for cancer survivors to struggle with mental health after treatment, that doesn't mean you have to face it alone.

Licensed Counseling Services

Ray of Hope Mental Health Support Program

(303) 835-2568 rayofhopecolorado.org/therapy

Offers grants for licensed counseling services for Colorado residents with cancer and their family members. Direct financial assistance program also available.

HealthWell Foundation Cancer-Related Behavioral Health Fund

(800) 675- 8416 healthwellfoundation.org/fund/cancer-related-behavioral-health/LivingJourneys

Offers grants for cancer-related licensed behavioral health services (counseling or medication) for cancer survivors in active treatment or post treatment

Living Journeys

(970) 349-2777 livingjourneys.org/therapy

Offers grants for licensed counseling services for Gunnison County residents affected by cancer; support groups, fitness and additional offerings for cancer survivors

Research, Support and Education

NAMI: National Alliance on Mental Illness

(800) 950-NAMI (6264) or info@nami.org nami.org

Provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

The NAMI HelpLine can be reached Monday through Friday, 8 AM – 8 PM, MT

NIMH

nimh.nih.gov

The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental health disorders.

SAMHSA

samhsa.gov

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services (HHS) that leads public health efforts to advance the behavioral health of the nation and to improve the lives of individuals living with mental and substance use disorders, and their families.

National Behavioral Health Network for tobacco and cancer control

bhthechange.org

NBHN serves as a resource hub for organizations, health care providers and public health professionals seeking to address these disparities among individuals with mental illnesses and addictions

Mental Health Resources

Research, Support and Education

Gryt Health
grythealth.com

Gryt is a digital oncology company empowering people to be in charge of their own health through education, engagement and support.

Survivorship Physical Activity Programs

Bfit Bwell
(303) 724-9202 anschutzwellness.com/bfitbwell

Fitness program designed to decrease fatigue and improve balance and strength; guided by a cancer exercise specialist and includes access to the Anschutz Health and Wellness fitness center.

Livestrong at the YMCA
(844) 493-8255 ymca.org/what-we-do/healthy-living/fitness/livestrong

12 week customized free or low cost fitness program focusing on strength training, conditioning, balance and flexibility; guided by YMCA-certified instructors with survivorship knowledge and training.

Outdoor, Expressive and Creative Support

Epic Experience
(855) 650-9907 epicexperience.org

Offers week-long adventure camps, regional meetups, and education programs for cancer survivors in the Rocky Mountain region.

Live by Living
(303) 808-2339 livebyliving.org

Offers retreats and hikes for cancer survivors in the Rockies, as well as online mindfulness and exercise classes.

Sights and Insights
(303) 888-1160 sitesandinsights.org

Offers programs that use therapeutic art, color and mindfulness to support healing and connection; also offer retreats

Casting for Recovery
(888) 553-3500 castingforrecovery.org

Offers fly fishing retreats for women with breast cancer

24/7 Hotlines

National Suicide Prevention Lifeline
(800) 273-8255 suicidepreventionlifeline.org

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Colorado Crisis Services
(844) 493-8255 coloradocrisisservices.org

Provides 24/7 free and confidential mental health, substance use, and crisis support for Colorado residents. Available by phone, text, and walk-in centers.