



Southern Colorado  
Mental Health  
Business Partnership

# Mental Health and the Workplace

- Educate your staff
- Train your leadership
- Support your workforce

We've all witnessed the effects of Covid-19 on mental health and the challenges it creates in the workplace.

BBB® of Southern Colorado and our partners want to make sure businesses and business owners have access to resources that help them identify and build on their natural resiliency.



**DIVERSUS HEALTH** COVID Response Team provides community support through educational trainings, brief group counseling and support groups, and resource referrals.



**COLORADO CRISIS SERVICES** Phone/Text Line for free and confidential support, 24/7: 844.493.TALK (8255) or text TALK to 38255.



**NAMI** Colorado offers both in-person and virtual support groups.



**LET'S TALK GRIT**—Greater Resilience Information Toolkit— was created at the University of Colorado Colorado Springs to help you tap into your own personal strength and resilience—equipping you with the tools to overcome whatever challenges today (or tomorrow) throws your way.



**SIX-PART VIDEO SERIES** for employers and employees to navigate current stressors and pain points while gathering new tools for success. Presented by Diversus Health, David Commercial Real Estate, and the Pikes Peak Small Business Development Center.

**According to a December 2021 survey conducted by Kumana and The Harris Poll among U.S. full-time employees:**

- 6 in 10 are burned out (up 20% from a year ago)
- 4 in 10 are suffering from moderate-severe anxiety disorder (up 18% from a year ago)
- 4 in 10 are suffering from moderate-severe depression (up 16% from a year ago)

**DIVERSUS HEALTH COVID RESPONSE TEAM**

**719.299.2996**

[diversushealth.org/covid-response-program](https://diversushealth.org/covid-response-program)



## BUSINESS PARTNERS



Southern Colorado  
Mental Health  
Business Partnership



University of Colorado  
Colorado Springs



COLORADO SPRINGS  
HISPANIC  
BUSINESS COUNCIL  
THE HISPANIC CHAMBER



FOUNTAIN  
CHAMBER OF  
COMMERCE *Valley*



PIKES PEAK Small Business Development Center



SOUTHERN COLORADO  
WOMEN'S CHAMBER  
OF COMMERCE



TRI-LAKES  
CHAMBER OF COMMERCE  
ECONOMIC DEVELOPMENT  
VISITOR CENTER



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