

Mental Health Resource Guide

Highlands Ranch Counseling Office

The HRHS Counseling Department feels it is important to take care of your emotional and mental health as well as physical health. The following guide offers you and your family resources to help navigate and balance school while keeping your mental health a priority.

Table of Contents:

[Anxiety Resources](#)

Anxiety is a normal reaction to today's world. These resources include calming apps and videos, coping skills, and tips for self care!

[Managing Mental Health](#)

Here you will find links to helpful mental health services in our area.

[Parent Resources](#)

Here are some helpful tools for parents - including podcasts on general parenting tips, and resources for you as well.

[Pointers to Help with Organization](#)

Tips to help your child stay organized daily/weekly

Anxiety Resources

[HRHS Counseling Website- Resources for Stress and Anxiety](#)

Calming/Anxiety Apps:

- [Guided Meditation and Mindfulness- The Headspace App](#)
- [Let's look out for ourselves and each other- Calm.com](#)
- [Calm - The #1 App for Meditation and Sleep \(subscriptions may apply\)](#)

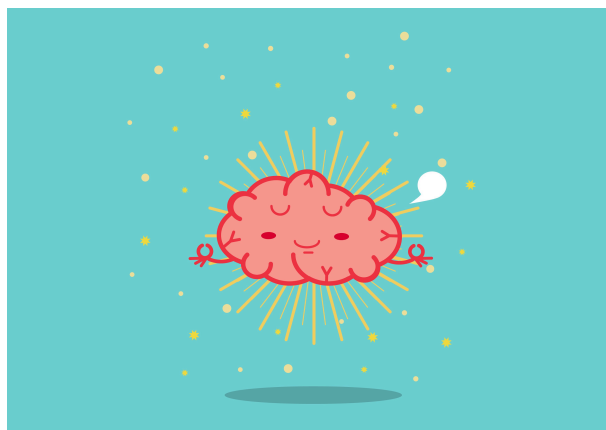
These are apps that can be downloaded to a phone and offer different avenues of stress relief.

[DCSD Virtual Calming Corner](#)

District-run site full of meditation, relaxation, and fun stress relievers.

[The Science of Happiness Podcast](#)

“Learn research-tested strategies for a happier, more meaningful life, drawing on the science of compassion, gratitude, mindfulness, and awe.”



Managing Mental Health

[Douglas County Youth and Family Resource Guide](#)

A THOROUGH look at the resources in our area for a wide variety of concerns.

[Colorado Crisis Services](#)

1-844-493-8255 OR

Text "TALK" to 38255

There is no wrong reason to call/text!

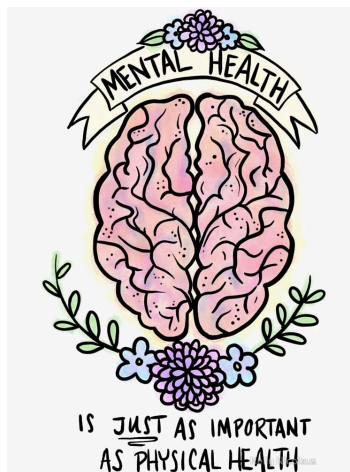
[National Suicide Prevention Hotline: 988](#)

[Safe2Tell](#)

Make a report. Make a difference. Even when we are not in the building, Safe2Tell is still running!

[Contact Your Counselor at HRHS](#)

We are a resource for you too!!



Parent Resources

[Perspective for Parents Podcast- Nick Thompson](#)

This is a podcast for parents. Each week, Nick Thompson – a therapist specializing in adolescence for over a decade – tackles topics impacting adolescents and provides insight and tips for parents.

[Parent Resources](#)

Information on Emergency Childcare in Colorado for essential workers.

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Pointers to Help with Organization

[Daily Planner](#)

An example template for how you can schedule your day during remote learning, especially on asynchronous days.

[Weekly Planner](#)

An example template for how you can schedule your weeks while we are in a remote learning model.

