



Counseling and Psychiatric Services

UNIVERSITY OF COLORADO **BOULDER**

LGBTQ+ Guide to Surviving Physical Distancing During COVID-19



In Solidarity,

We know that the abrupt changes related to COVID-19 and the university's transition to remote learning have been difficult for a lot of students. We also know everyone's circumstances are different. Some of you may have a lot of support right now, and some of you may be struggling to find support or may not be feeling safe in your living environment. You may be feeling a lot of different emotions or having mixed reactions to online learning formats or stay at home orders. You may feel an array of emotions being with/without your family of origin or being away from chosen family.

Even though physical distancing can feel isolating, it is a form of solidarity. We are all getting through this together and taking care of one another by physically distancing. But we can still connect with each other in lots of other ways. We hope this guide can provide you with resources, support, validation, and belonging.

“Caring for myself is not self-indulgence, it is self-preservation”

-Audre Lorde



CU Boulder Resources

We're Open and We're Here for You!

Counseling and Psychiatric Services (CAPS)

At [CAPS](#), we have a staff of specialized mental health providers with experience addressing the specific needs of our LGBTQ+ students. Our counselors are trained in providing confidential and personalized care, including letters of support and other documentation required for transition including hormone therapy and surgery. CAPS also offers a Transgender and Gender Creative therapy group for CU students. During COVID-19, CAPS is open and providing individual and group therapy, walkin appointments, and psychiatric follow up visits via telehealth to students who are currently in state. CAPS is also providing workshops, eLet's Talks, and mental health management services that are available to students both in and outside of Colorado.

Office of Victim Assistance (OVA)

[OVA](#) provides free and confidential support, advocacy, and short-term counseling to students who have experienced a traumatic, disturbing or life disruptive event. OVA is skilled at working with LGBTQ-specific needs. We recognize that individuals may be in unsafe living situations during stay at home orders and therefore may be especially in need of OVA supports right now. During COVID-19, OVA is open and providing services over the phone and online.

Medical Services

[Medical Services](#) provides comprehensive, informed and inclusive care for our LGBTQ+ students, including starting and continuing hormone replacement therapy. During COVID-19, Medical Services is open for in-person and telehealth visits.

Additional CU websites and resources...

- [CU Boulder Pride Office](#)
- [Center for Inclusion and Social Change](#)
- [CU Transgender Care Resources](#)
- CU students impacted by COVID-19 and seeking financial assistance can apply for the [Student Emergency Fund](#).



Additional LGBTQ+ Resources

Out Boulder County

[Out Boulder County](#) specializes in educating, advocating and providing services, programs, and support for Boulder County's Lesbian, Gay, Bisexual, Transgender, and Queer communities. They provide a website with updates about their [current services and virtual support groups](#).

The Center on Colfax

[The Center on Colfax](#) is a safe and welcoming place for Colorado's proud, diverse LGBTQ community. They provide a website with [COVID-19 related resources](#).

Queer Asterisk

[Queer Asterisk](#) is a Colorado nonprofit organization providing queer-informed counseling services, educational trainings, and community programming. They also accept some insurances for counseling services.

CLEAR

In order to help the LGBTQ community navigate the COVID-19 pandemic, the Center for LGBTQ Evidence-based Applied Research COVID-19 Resources and Information ([CLEAR](#)) team created the following list of national LGBTQ-specific COVID-19 resources.

TrevorSpace

[TrevorSpace](#) is an affirming international community for LGBTQ young people ages 13-24. Sign up and start a conversation now.

Susan's Place

[Susan's Place](#) includes resources, news, chats, and forums for TGNC individuals.

Rescqu Net

[RESCQU NET](#) provides you closet-friendly access to nonprofit resources, anonymous online communities, and LGBTQ+ education, for closeted, stealth, questioning, and under-resourced people.



TransPulse Transgender Resources

[TransPulse](#) offers a sense of community and kinship for transgender folks, their families, their friends, and their allies. In our forums, you will find a friendly community with a wealth of knowledge and experience at its fingertips. Much the same, our live chat offers experience and moderators who are trained in suicide prevention.

Validation Station

[Validation Station](#) is a new free service is sending daily text validations to transgender people who are under lockdown during the coronavirus pandemic.

[Guidelines for chest binding amid COVID-19](#)



Domestic Violence/Intimate Partner Violence

We know that some students may not be feeling safe where they are living. This could be due to not being out to other members in the home, or their identities not being accepted by other members in the home. We also know individuals could be experiencing emotional, mental, physical, or sexual violence in their living situations, and stay at home orders may make it feel even harder seek help or support. Please know, even though we are physically distancing, **it is okay and encouraged to seek immediate support** and stay somewhere else. This could be with a friend, other family, or a shelter. Below are some resources. Also remember, CU [Office of Victim Assistance](#) and [Counseling and Psychiatric Services](#) are also available to support you.

- [National Domestic Violence Hotline](#)
 - 24/7 Hotline: 1-800-799-7233 (SAFE)
 - [Staying Safe During COVID-19](#)
- [Safehouse Progressive Alliance for Nonviolence \(SPAN\)](#)
 - 24/7 Hotline: 303-444-2424
 - [SPAN COVID-19 Resources](#)
- [Colorado Coalition Against Domestic Violence](#)
- [Moving to End Sexual Assault \(MESA\)](#)
 - 24/7 Hotline: 303-443-7300



Let's Talk about Stress

What is it?

Stress is a normal reaction to the pressures of life. This includes school, work, family, financial responsibilities, etc. When we experience stress, the body releases the stress hormone, 'cortisol'. Normal stress tends to subside once the situation has passed.

How does chronic stress differ from stress?

Chronic Stress is the response to emotional pressure suffered for a prolonged period of time (i.e., a continuous release of cortisol), in which an individual perceives they have little or no control (such as: Covid-19, hurricanes, trauma, or dangerous environments).

How might this impact me?

Prolonged exposure to stress can lead to increased health related conditions such as psychological distress, physical disorders, and can affect our overall sense of well-being. Minority groups and communities tend to experience an increase in 'minority stress' due to increased exposure to social pressures, prejudice or discrimination which can increase symptoms of stress.

What can I do about it?

While there may be a lot of factors influencing the level of stress you experience, there are ways to reduce stress. Creating a self-care/stress management plan can provide relief from the tension and pressures going on.

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What Can I Control?

Step 1: Focus on what you do have control over

During difficult times, it can be hard to maintain a sense of perspective and control over our environment. Begin to regain your strength by noticing the aspects you can influence.

Step 2: Create a self-care/work routine

Creating a routine whether it's work, academic, or self-care can help you feel in control of your day as well as maintain your overall well-being.

Step 3: Practice mindfulness and compassion

Practicing mindfulness and compassion for yourself and others can help you stay connected to the moment, feel in control over your experiences and emotions, as well as ease anxiety symptoms.

Step 4: Utilize your resources to connect

Use what you have to your benefit. In a time of social isolation it can feel as though options are limited. Reach out, connect, or make space and time to take care of yourself by utilizing your resources.

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What is Self-Care?

Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health.

How do we do self-care?

1. **Be intentional:** Needs to be something you plan, not an accident or by coincidence.
2. **Stick to the basics:** Create a routine and find your own rhythm.

Rules for self-care

- ❖ It is not something that we force ourselves to do, or something we don't enjoy doing. "Something that refuels us, rather than takes from us." -Agnes Wainman
- ❖ Self-care isn't selfish.
- ❖ It is not only about considering our needs; it is rather about knowing what we need to do in order to take care of ourselves, being subsequently, able to take care of others as well.
- ❖ Good self-care is key to improved mood and reduced anxiety. It's also key to a good relationship with oneself and others.

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The 5 Pillars of Mental Health

One way you can start improving your mental and physical health is through a self-care plan that accounts for these crucial aspects:

1. *Sleep:*

- ❖ Aim for 8-10 hours of sleep
- ❖ Keep a bedtime and wake time
- ❖ Stick to a bedtime routine

2. *Eating:*

- ❖ Quality and Quantity is key
- ❖ Consistent schedule, consider meal prepping or cooking at home.

3. *Exercise:*

- ❖ When we exercise the ‘happy hormone’ Endorphins are released
- ❖ Positive emotion is associated with 55-70% of our max, or about 110-140 BPM for 18-22 year olds
- ❖ 20-30 minutes can rapidly affect our mood

4. *Hydration:*

- ❖ Aim for 70-80 ounces a day, if you are thirsty you’re already getting dehydrated

5. *Social Support:*

- ❖ Connect with other people, talk about your experiences

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Tips for Coping with Physical Distancing

Focus on what you can control. Engage in basic hygiene and prevent further spread of the virus. Wash your hands for 30 seconds with soap & water, stay 6 feet away from others, only wear a mask if you are sick, & clean frequently used surfaces in your home.

Moderate. Try to slow down your media and news intake to not feel overwhelmed. It's helpful to have a balance of staying informed while also engaging in self-care through offline activities.

Get the facts. Be sure to listen to reliable and credible sources such as WHO, CDC, CO Department of Public Health & Environment, and [CU Boulder](#). Pick 1-3 reliable sources for your news/information/updates to be sure not to flood or overwhelm yourself.

Stay connected with others. Set-up phone dates, have group hangouts with Skype, Zoom, or FaceTime, host a [Netflix Party](#) with friends, write letters to friends.

Take care of your body. Hydrate, get 8 hours of sleep, choose nutritious foods to fuel your body, stretch, engage in exercises you can do indoors.

Change your perspective. Instead of viewing this as forced confinement, is there a way to reframe the situation? What are things you have been wanting/needing to do? How can you use this time to feed your soul, check in with yourself, reassess your values?

Ground. If you're feeling overwhelmed or anxious, try a grounding exercise, such as naming 5-4-3-2-1. Name 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. See [Calm's video](#) for guidance. Headspace, Calm, Insight Timer

Know that it's OK to not be OK. Anxiety and stress are normal reactions to this situation and you are not alone.

Write it down. Journaling can be a powerful way to release emotions and thoughts you are feeling stuck on. Check out [Calm](#) for free journals and prompts.

Practice gratitude. It can be helpful to write down the things you feel gratitude for or things that are going well in your life.

Give back. Donate money or supplies if you are able, order delivery to support local restaurants, buy gift cards to local businesses to use at a later date.

Be kind to others. Reach out to loved ones you haven't talked to recently. Express your care and interest in how others are coping. Offer help to others when or if you can in a safe manner (keep in mind social distancing).



Staying on Track with Academics

Remember...

You're not simply taking online classes.

You're at home during a crisis,

trying to learn remotely.

- Create a routine & “workspace” if possible
 - Change out of your pajamas
 - Retain your regular sleep schedule
 - Set work hours
 - Make to-do lists
 - 10-15 minutes before class to get into “work” mode
- Treat your remote classes as if they were in-person
 - Turn off phone/internet browsing during classes
 - Attend class/do work from somewhere that is not your bed, if possible (if not possible, make your bed and be on top of your covers, and try turning yourself 90 degrees so you're sitting on a different part of your bed from where you sleep)
- Short blocks of study time without interruption
 - Give yourself breaks during the work day
- Stay in communication with professors
- Virtual study groups
- Headphones (roommates/shared spaces)



Helpful Articles about Staying on Track Academically:

CU Boulder Today [How to Stay Motivated with Remote Learning](#)

CU Boulder [Staying on Track in Virtual Classes](#)

Amherst College [Student Strategies for Learning Remotely](#)

Stevenson University [Tips for Student Success - Remote Learning](#)

Helpful CU Boulder Websites for Academics/Career Assistance:

[Withdraw](#) and [Pass/Fail](#) (April 30 deadline)

[Academic Advising](#)

[Writing Center](#) Virtual Appointments

[Remote Tutoring](#) Options

[Remote Learning Guidance for Students](#) (OIT)

[Career Services](#) Virtual Visits

[Collegiate Recovery Center](#) Meetings & Virtual Support

[ISSS](#) Remote Advising

[Volunteer Resource Center](#) Opportunities



My Daily Peace of Mind Plan (POMP)

Rationale: Consistently following a daily routine of taking simple (*but not always easy!*) action self-care steps can help us:

- Remain OK despite what may be going on around us. “Inoculates” against stress effects!
- Become less dependent on people, places and things to “get it right so we can feel alright.”
- Experience increased freedom to move about our day as we would like with less “wear and tear;” not getting so easily bogged down by fear, anger, frustration or disappointment.

Core components / principles:

- Staying in the present (versus the future or the past)
- Focusing on things that ARE in my control today & relevant actions I CAN take.
- Reducing self-focus; increasing sense of connection to something larger than ourselves (whatever works for you: spiritual, religious, nature, the Cosmos, humanity, etc.). Engage in small anonymous acts of kindness or helpfulness to others 3 X per day and notice the Effects. Initiate contacts with others daily to check in, broaden focus and get different Perspectives.
- Avoiding traps like overthinking, future projection, dwelling on the past or things out of my control, defensiveness, argument and fault-finding that *DRAIN* my mental and physical resources and foster a negative, self-defeating attitude in self (*and others*).
- Our ATTITUDE determines our direction. We tend to find what we are *looking for*.
- **H.A.L.T.**: Watch and avoid becoming too **Hungry, Angry, Lonely or Tired**.
 - These factors increase vulnerability to symptom flare-ups (irritability, emotional overreactivity, panic, low mood, hopelessness, mistaking feelings for facts, potentially setting off a spiral of negativity).
- Our Physical and Mental health are intertwined. Getting enough “fuel” (food intake), hydration and sleep are **ESSENTIAL** daily self-care action steps that cannot be ignored for long without negative impacts on our health and well-being. **For those with trouble awakening, you might consider an app that detects sleep level and permits setting a time range for wake-up alarm to go off when sleep is at lightest level. Avoid hitting “snooze.”*



TODAY'S POMP* (Day: M T W R F; Date:_____)

Morning (start of day):

- Establish early enough wake-up time to “seize the day” and reserve 15-30 minutes for self-care in a place affording sufficient privacy.
- If desired, try a variety of nature sounds audios/videos available on YouTube and elsewhere as a helpful background.
 - ❖ *Examples:*
 - [Spring forest with bird sounds](#)
 - [Wind chimes](#)
 - [Ocean waves](#)
- Cleansing “Good Morning/Day” breaths:
 - ❖ Breathe IN slowly and deeply through the nose into the “belly” (diaphragm) for 4 seconds
 - ❖ HOLD the breath for 4 seconds noticing and appreciating the fresh air intake
 - ❖ Breathe OUT slowly through the mouth for 4 seconds FULLY EXHALING, as if emptying a balloon, noticing any stress or tension leaving the body with each out-breath
 - ❖ HOLD this empty state for 4 seconds (as comfortable) noticing the difference between tension and calm
 - ❖ Repeat 1 or 2 more times
- Inspirational quote or brief reading (have fun searching for relevant material you can select from as desired; consider autobiographies of people you admire and aspire to be like).
- Meditation/Self-Reflection:
 - ❖ Breathing normally and comfortably, imagine your day ahead concentrating on:
 1. The most ESSENTIAL tasks and responsibilities for the day ahead (“*need to do vs. nice to do.*”) and,
 2. Exactly HOW I want to move through the day today
 - (*e.g., Resilient and Strong; Open & Flexible; Tranquil and Alert; Helpful and Compassionate, Experiencing just the right amounts of energy, focus and effort needed to maintain balance and achieve my goals for today; incorporating as many sensory associations as possible (what does it sound, feel, look like as I picture moving through the day in these desired ways?).*)
 3. Imagine how an admired figure (*past, present, real or fantasized*) would approach and respond as a source of inspiration and guidance.



[Include Aerobic movement of your choice as able and tolerated within the limits of your current health and abilities - possible options could include on-line exercise classes/workouts, walking, running, swimming, yoga, cycling, martial arts, dance, etc. Use Mindful meditation in noticing and appreciating the strength, flexibility and beauty in how our bodies feel and respond in motion.]

Mid-Day Pause & Reflection:

- Take some time as needed during the day to pause, breathe deeply, meditate and reflect on how the day is going in terms of your responses thus far and any adjustments that may be needed or desired as you envision moving through the rest of the day and respond as you would like.
- Check on H.A.L.T. and any omitted self-care action steps that need attention.
- Reach out to others as needed to check in, connect, refocus.

End-of-Day Compassionate Self-Review:

- Pause, breathe and reflect on your self-care action steps today.
- “What did I do today to maintain my psychological/emotional well-being and health? (Did I pause, reach out to others, complete anonymous good deeds, read, move, eat, etc.?)
- What did I miss that there is still time remaining in the day to complete?
- What knowledge/learning can I take away from today to apply to my efforts tomorrow? (Constructive self-appraisal to grow, not to tear down, dwell on or become morose over; consider writing down/journaling to help notice and recall for the next day)
- Inspirational reading, Ted Talk, etc. relevant to the day’s experiences and goals for tomorrow and setting the stage for transition into rest, relaxation and sleep. Check out a variety of available on-line resources to see which ones you find most helpful.

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Free & Low-Cost Resources for Managing COVID-19

EXERCISE/MOVEMENT:

- [Down Dog Yoga](#)
- [Planet Fitness](#) (free live-streamed daily workouts)
- [CorePower Yoga](#) (free recorded classes)
- [Zook Dance Fitness](#) (free dance group fitness classes)
- [Fitness Blender](#) (free cardio, strength, & stretch workout videos)
- [Yoga with Adrienne](#) (free YouTube channel for yoga/meditation)
- [Orange Theory Fitness at Home](#) (free 30-minute workouts)
- [Peloton](#) (free 90-day trial, no bike needed; includes HIIT, strength, yoga, & more)
- [Obé](#) (free 30-day trial; join live or on-demand fitness classes)
- [Nike Training Club](#) (185+ free workouts for all levels)
- [Impulse Dance & Fitness](#) of Fort Collins (free live stream classes)
- [How to create an exercise routine you'll actually stick to](#)
- [The best YouTube channels for getting in shape at home](#)
- [The best workout apps for people who hate working out](#)
- Outdoor Activities. Activities outside are still considered safe for those not already exposed to COVID-19 ([suggestions from our governor](#)) but *keep in mind the social distancing rules*. Boulder County gave some suggestions [here](#).

TECHNOLOGY:

- [Comcast Internet Essentials](#) (free access to Internet for 60 days for low-income families)
- Xfinity WiFi Hotspots (available to anyone across U.S. for free)
 - [Map](#) of Xfinity WiFi hotspots
- [Zoom Video Conferencing](#) (free Pro account for all CU Boulder students)
- CU Boulder [Technology Resources for Working Remotely](#)
- [Stay in & Sling](#) (offering thousands of free shows/movies)

COMMUNITY & GROUPS:

- Local Support
 - [Front Range COVID-19 Kindness Circle](#)
 - [Front Range Mutual Aid Network](#)
 - [Boulder COVID-19 Mutual Aid Network](#)
- Virtual Community
 - General:
 - [18percent](#) (free peer-to-peer online support community)
 - [7 Cups](#) (various online communities)
 - [Mental Health America](#) (mental health support group & discussion community)



- For People of Color:
 - [Yellow Couch Collective](#) (group chat & community for Black women, free trial and then \$10/month)
 - [Young People of Color](#) Community Group
- For Substance Use & Recovery:
 - [SMART Recovery](#) (forums & online meetings)
 - [Alcoholics Anonymous](#) (online meetings)
 - [CU Collegiate Recovery Center](#) (offering support online/phone M-F 9-4)
- For Chronic Health:
 - [The Mighty](#) (“A safe, supportive community for people facing health challenges and the people who care for them”)
- For Mood Disorders (Anxiety, Depression, Bipolar)
 - [Turn2Me](#)
 - [Anxiety & Depression Association of America](#)
 - [Depression & Bipolar Support Alliance](#)
 - [The Tribe Wellness Community](#)

FOOD RESOURCES:

- [Boulder Food Rescue](#)
- [Hunger Free Colorado](#)
- [Food Bank of the Rockies](#)
- [Colorado Pet Pantry](#)
- [Epicurious: Free Recipes](#)
- Takeout/Delivery ([Takeout & Delivery Discount Codes](#))
 - [Grubhub](#)
 - [Uber Eats](#)
 - [DoorDash](#)
 - [Postmates](#)
 - [Instacart](#)
- [Black Cat Farm](#) (offering curbside pick-up & delivery for local produce & meals)

FINANCIAL SUPPORT:

- [One Fair Wage](#) (assistance for tipped/service workers affected by COVID-19)
- [Restaurant Workers' Community Foundation](#) (Resources & COVID-19 Crisis Relief Fund for restaurant owners & workers)
- United States Bartenders Guild: [Bartender Emergency Assistance Program](#)
- [Unemployment Benefits](#) (If you've been laid off due to COVID-19 you may be eligible for benefits from state unemployment insurance fund; NOTE: can take 4-8 weeks to receive benefits)
- [Colorado Work-Share Program](#) (for employers who need government assistance to keep workers employed)



- [Connecting Colorado](#) (job database)
- Denver Department of Public Health & Environment [List of Support Services](#)
- [Resources for Local Artists](#) from Colorado Creative Industries
- [Denver Cultural Sector Support & Resources](#) (includes local, state, and national resources)
- [Health Well Foundation: Support for COVID-19 Ancillary Costs](#) (up to \$250 support for COVID-related telehealth, delivered food, medications, transportation, & diagnostics)

FREE ONLINE MENTAL HEALTH RESOURCES:

- [Coronavirus Anxiety Toolkit & Resources](#)
- [Virtual Self-Care Package](#) in Managing COVID-19 Stress
- [Coronavirus Sanity Guide](#) from 10 Percent Happier
- Free & Low-Cost [Online Wellness](#) Led by People of Color, Womxn, & Queer Folks
- [Silver Cloud](#) Online Mental Health Program (free, confidential portal that offers secure, immediate access to online programs for stress, anxiety, and depression)
- [7 Cups](#) (free connection to community of trained volunteer peer listeners, along with self-guided coping skills & paid professional counseling available as well)
- [Tiny Buddha](#) (resources for various mental health concerns, forums, blog)
- [Calm](#) (blog, meditations, journal, visualization)
- [Greater Good Science Center](#) (science-based resources to support resilience & connection)
 - [Guide to Well-Being During Coronavirus](#)

ONLINE PROFESSIONAL THERAPY RESOURCES:

- [Ayana Therapy](#) (affordable telehealth for those looking for therapists with similar marginalized identities to their own)
- [Teladoc](#) (telehealth therapy & psychiatry with licensed providers, in-network with CU Gold, all telehealth visits currently covered through June 4 with \$0 co-pay)
- [Amwell](#) (telehealth therapy available with licensed providers for \$99 or less per visit, accepts some insurances)
- [Talkspace](#) (subscription telehealth therapy with licensed providers for \$260-396/month)
- [BetterHelp](#) (subscription telehealth therapy with licensed providers for \$160-280/month)

VOLUNTEER/DONATE:

- [Help Colorado Now](#)
- [Shopping Angels](#) (run errands for elderly/immuno-compromised)
- [American Red Cross](#) (blood donation)
- [Donate](#) needed supplies to United Way
- [Project Angel Heart](#) prepares and delivers meals for people living with life-threatening illnesses



- CU Boulder [Volunteer Resource Center](#) Opportunities

VIRTUAL ENTERTAINMENT:

- [50 Things to Do at Home in Colorado in 2020](#)
- [InWeStay](#) (free 1-month trial to attend virtual events in your city)
- [Netflix Party](#) (free way to watch Netflix with your friends online & host long distance movie nights and TV watch parties)
- [NFL Games Pass](#) (free through May 31, watch games from 2000-2019)
- [NBA League Pass](#) (free through April 22 to watch classic games or this season's games)
- [Boulder Arts Week Online](#) (March 27 – April 4)
- [Free entertainment to help you survive coronavirus social distancing](#)
- Virtual Tours of Museums
 - [The Louvre](#)
 - [National Gallery of Art](#)
 - [Metropolitan Museum of Art](#)
 - [National Museum of Modern and Contemporary Art, Korea](#)
 - [Van Gogh Museum](#)
 - [National Museum of Anthropology, Mexico City](#)
 - [British Museum](#)
- Virtual Trips to Places Around the World
 - Go on a virtual field trip to [Ellis Island](#)
 - Take a live look at [Colonial Williamsburg](#)
 - Tour [England](#) through this 360 video
 - Explore the [Denver Botanic Gardens](#)
 - Virtually discover [Yellowstone National Park](#) and [5 other National Parks](#)
 - Talk a walk on the [Great Wall of China](#)
 - Check out the view from [Pompeii](#)
 - Explore the surface of [Mars on the Curiosity Rover](#)
 - [Escape to the Central Arctic by joining the MOSAic Expedition](#) virtually
- Animal Webcams
 - [San Diego Zoo](#)
 - [Monterey Bay Aquarium](#)
 - [Smithsonian's National Zoo & Conservation Biology Institute](#)
 - [Atlanta's Zoo Panda Cam](#)
 - [Georgia Aquarium](#)
 - [Ouwehand Park Polar Bears](#)
- Free Coloring
 - Print off a [free printable coloring page from the "Color Our Collections"](#) campaign with coloring sheets from over 100 museums and libraries from around the world
 - Choose from over 1,500 coloring pages with [Just Color](#)
- Free Films & Videos
 - From the [2020 Environmental Film Festival](#)
 - From the [International Documentary Filmfestival Amsterdam](#)



- From [NASA](#)
- Free Concerts & Shows
 - [Austin City Limits Free Concert Archive](#)
 - [Seoul Philharmonic Orchestra](#)
 - Nightly [Met Opera](#) Streams
 - [Live Streamed Concerts in Denver](#)
- Free Books
 - [Scribd](#) (30-day free trial to unlimited books)
 - [Authoroma](#)
 - [Project Gutenberg](#)
 - [LibriVox](#) (audiobooks)
 - [ManyBooks](#)
 - [10 ways to download and read books online for free](#)
 - [The Guardian: Reader Suggestions to Bring Joy in Difficult Times](#)
- Podcasts
 - [From the New Yorker](#)
 - [The Guardian: Podcasts to Binge While You're Socially Distancing](#)
 - [Mashable: Chatty, Cheerful Podcasts to Try if Your Home Feels Too Quiet](#)
 - [Time: The 50 Best Podcasts to Listen to Right Now](#)
- Free Games
 - [GOG](#) (video games for PC)
 - [Play Games](#) with Friends such as Cards Against Humanity & Checkers
 - [Words with Friends](#)
 - [The Guardian: 25 Best Video Games to Play While You're Self-Isolating](#) (Some games are free and others cost, be sure to check).

WELLNESS APPS:

(Listed apps are free for Apple & Android, and are not affiliated with CAPS programming)

- Specialized Support
 - eMoods Bipolar tracker
 - nOCD tools
 - Self-Help Anxiety Management
 - SoberTool Recovery
 - UpliftNow - Grief & Loss
 - RR Eating Disorder Management
 - Calm Harm - decrease self harm
- Stress & Mood Management
 - ACT Coach skills
 - Mindshift CBT tools
 - Virtual Hope Box
 - What's Up coping tools



- Woebot situation guidance
- Rest & Relaxation
 - Breathe2Relax
 - CBT-I Coach for insomnia
 - Insight Timer Meditation
 - Mindfulness Coach
 - Stop, Breathe, Think
- Academic Success
 - Brain Focus – Productivity
 - MyHomework – Planner
 - StickK – Commitment

LOCAL CRISIS RESOURCES:

- CALL:
 - CU CAPS (303) 492-2277
 - CU Police: (303) 492-6666 / Emergency 911
 - National Suicide Prevention Lifeline (24/7): (800) 273-8255 (English); (888) 628-9454 (Spanish)
 - Colorado Crisis Services Line (24/7): (844) 493-8255
 - Trevor Project (LGBTQ) Crisis Line (24/7): (866) 488-7386
- TEXT:
 - Crisis Text Line (24/7): Text HOME to 741741
 - Colorado Crisis Service Text Line (24/7): Text TALK to 38255
- WALK IN:
 - Mental Health Partners Walk-In Crisis Center (24/7): 3180 Airport Road, Boulder, CO 80301; (303) 443-8500
 - Boulder County Community Health Hospital (24/7): 4747 Arapahoe Avenue, Boulder, CO 80303, (303) 415-7000

