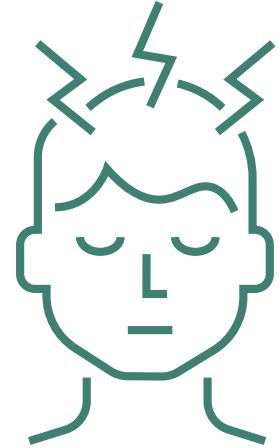


The Alliance Center is a WELL Health-Safety rated building. This guide is one part of a 21 part series highlighting the various features our facility accomplishes to make it a healthier and safer place for our occupants and visitors.

SUPPORT MENTAL HEALTH RECOVERY



FEATURE OVERVIEW

The Intent of this feature is to **enable families and individuals to access mental health services and resources that provide support during and after emergencies.**

Globally, the frequency, size and cost of disasters is increasing due to climate change, population growth and rapid urbanizations. Most individuals who go through emergencies experience psychological distress, resulting in depression, anxiety, feelings of hopelessness, fatigue, irritability or anger. When there is a traumatic event, employees may need immediate mental health support for recovery.

HIGHLIGHTS OF WHAT WE'VE DONE



PRIORITIZE MENTAL HEALTH RECOVERY

We do so by creating a safe space, providing mental health days and being prepared to support staff in the event of a traumatic event.



PSYCHOLOGICAL FIRST AID TRAINING

This training focused on mental health crisis response and intervention is available and encouraged for all staff members on an annual basis.



EMPLOYEE WELLNESS RESOURCES

Resources for obtaining mental health support, bereavement counseling and information on benefits coverage are made easily and confidentially accessible to Alliance staff.



PROMOTE IMMEDIATE SUPPORT

Colorado Crisis Services is a 24/7, free, confidential and immediate resource for any mental health concerns. To speak to a professional: Call 1-844-493-TALK (8255); Text TALK to 38255.

BENEFITS

Providing access to mental health services, such as psychological first aid, crisis counseling and bereavement counseling, is critical to supporting employee short-term recovery and long-term productivity, functioning and well-being.