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FROM: Crested Butte State of Mind  
CONTACT: Meghan Dougherty  
mdougherty@cbstateofmind.org  
970-596-4698

### **CB State of Mind brings \$25,000 to the Valley**

The Colorado COVID Relief Fund awarded Crested Butte State of Mind a \$25,000 grant. The award will help meet the need for increased mental health services in light of the coronavirus (COVID-19) pandemic. CB State of Mind, a fiscal sponsorship of the Community Foundation of the Gunnison Valley, makes access to mental health care and support easier.

The COVID-19 pandemic, with the associated economic downturn has created new barriers to accessing mental health services. The award supports CB State of Mind's Therapy Scholarship Program. The program provides immediate access to free mental health services for those who are uninsured or under-insured. "We are all human. Struggling or dealing with the added stresses of this pandemic is something we all face. No one has to stand alone. We are here to help people connect to support when they need it," said Meghan Dougherty, Executive Director.

"CB State of Mind, sees the need escalating quickly and these funds will help us keep up with the demand," commented Board president Christine Osmundson. "Providing immediate access to a therapist for people who would not otherwise be able to afford it will have a significant impact on reducing the risk of suicide in our Valley". For local help connecting to a therapist, call 970-596-4698.

The Governors Office, with an executive committee developed [the Colorado COVID Relief Fund](#) to raise and coordinate allocation of funds based on COVID-19 prevention, impact and recovery needs of community-based organizations in Colorado. The Fund is organized to ensure that the most acute community needs across the state are being addressed and that community voice is reflected in all funding decisions made over time.

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