



## True Life Counseling Coaching

### Coaching Hours:

Sunday : 8 am - 10 pm

Monday: 8 am - 10 pm

Tuesday: 8 am- 10 pm

Wednesday: 8 am - 10 pm

Thursday: 8 am - 10 pm

Friday: 8 am - 10 pm

Saturday: 8 am - 10 pm

Coaching is a service provided that is different from a therapy session. The goal of coaching is to help client's to regulate, give support to help you remove yourself from the crisis situation.

You may text ( 720) 795-4914, message through Simple Practice Messaging, email [truelifetlc@gmail.com](mailto:truelifetlc@gmail.com) or call ( 720) 795-4914. You may contact me at the above means at any time, but responses will be given between the Coaching hours above. When you reach out, please answer the 4 questions below in your message.

1. What has prompted your call?
2. What skills have you tried?
3. Where are you stuck?
4. What is your skillful plan until I return your call?

If you're suicidal, you can reach me 24 hours, 7 days a week. If you're suicidal state this in your message to me and I will return your contact asap. If you're suicidal outside of my coaching hours you will need to call ( 720) 795-4914, not text. If you call me outside of coaching hours and you are not suicidal, we will hang up the call and speak during coaching hours. I am always available to work with client who are suicidal.


Activities to try when you're struggling and waiting for a return call:

1. Breathing: 5 count breath, Ocean breath, deep breathing

Visit My Youtube Channel for some resources at : Natalie Teeters

<https://www.youtube.com/channel/UCd5u1-OfEbw4FeVzVzALOGw>

2. Grounding: Notice 5 Things
3. TIP DBT Skill: Ice, Ice Water Plunge, Frozen Limes,
4. Soothing Bilateral Music:

 [Bilateral Stimulation Music | EMDR | !\[\]\(e06a1d39938b2f5d7a2c3618fea4f77f\_img.jpg\) Listen wit...](#)

**Self- Regulating Activities:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Crisis Services Phone numbers:**

Colorado Crisis Services Available 24/7/365 1-844-493 TALK ( 8255) Text " TALK to 38255

Real Help Hotline 24/7 833-533-2428

Mental Health Center of Denver, Colorado Crisis Services Walk-in Center  
(844) 493-8255

24/7 Walk-in Crisis Center & Addiction Services (303) 443-8500

Rape Crisis Hotline (303) 322-7273

National Alliance of Mental Illness ( NAMI) [namicoloradosprings.org](http://namicoloradosprings.org). NAMI provides peer taught education programs and support groups for families, parents of school-aged children, and individuals living with mental illness.

General Safety Resources: Safe2Tell Colorado 1-877-542-7233 [safe2tell.org](http://safe2tell.org).

Safe2Tell Colorado mobile app for Apple and Android devices. Poison Control Hotline 800-222-1222 ( 24 hours a day, 7 days a week).

