The Colorado Health Foundation™

WATCH: Mental Health Challenges Facing Coloradans

Watch our latest video to learn what Coloradans are saying about their mental health.

(Subtítulos disponibles en español)

At The Colorado Health Foundation, we are committed to listening to Coloradans across the state to understand what issues affect their health, and Pulse, our annual poll, helps us do just that. One of the things we consistently hear: significant numbers of Coloradans are struggling with mental and emotional challenges.

In 2021, Pulse found that 55% of Coloradans are experiencing anxiety. We know there are a number of factors in life that can impact our mental health – the high cost of housing, hard-to-find childcare and unfair treatment can all negatively affect our emotional well-being.

Watch our latest video to learn more about what Coloradans are experiencing and check out our interactive dashboard on our website.

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