BACK TO SCHOOL!

Substance Abuse and Mental Health Services

Administration,

Back-to-School Toolkit

Mental Health Technology Transfer Center Network Supporting Student and Staff Mental Health Toolkit

> Use your smartphone camera and hover over each QR code



National Alliance on Mental Illness. HelpLine for Back-to-School



HOW YOU CAN HELP OUR YOUTH

for access!

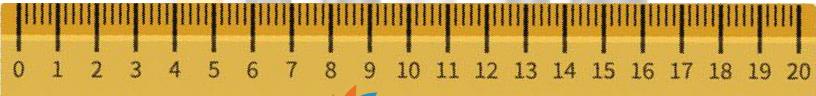
Be genuine, they know ...

Focus on behavior changes, not assumptions; use "I've noticed ... "

Don't compare; life at your stage is different than life at their stage

Change scenery; switch up conversation locations

Avoid using slang words you're uncomfortable with





COMMUNITY NEWSLETTER

IF YOU NEED ADDITIONAL SUPPORT AT THIS TIME, REMEMBER THAT OUR TEAM IS HERE FOR YOU.

REACH OUT TO CENTENNIAL MENTAL HEALTH CENTER TO SPEAK TO SOMEONE TODAY, USE OUR COMMUNITY SERVICE LINE

Cheyenne County Cheyenne Wells - 719.346.8183 Morgan County Fort Morgan - 970.867.4924

Elbert County Elizabeth - 303.646.4519

Kit Carson County Burlington - 719.346.8183

Lincoln County Limon - 719.775.2313

Logan County Sterling - 970.522.4392 Phillips County Holyoke - 970.854.2114

Sedgwick County Julesburg - 970.474.3769

Washington County Akron - 970.345.2254

Yuma County

Wray - 970.332.3133 Yuma - 970.848.5412

YOU CAN ALSO FIND MORE RESOURCES AT THE FOLLOWING LINK:

https://www.centennialmhc.org/covid-19-communications/



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