# **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!

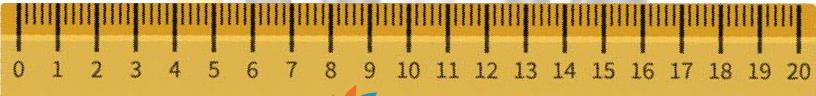
Be genuine, they know ...

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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