



BACK TO SCHOOL!

Substance Abuse and Mental
Health Services
Administration,
Back-to-School Toolkit

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

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



Use your smartphone camera
and hover over each QR code
for access!

HOW YOU CAN HELP OUR YOUTH

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



Centennial is an equal opportunity provider and employer



**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

Phillips County

Holyoke - 970.854.2114

Kit Carson County

Burlington - 719.346.8183

Sedgwick County

Julesburg - 970.474.3769

Lincoln County

Limon - 719.775.2313

Washington County

Akron - 970.345.2254

Logan County

Sterling - 970.522.4392

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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