COMMUNITY NEWSLETTER from Centennial Mental Health Center's Prevention Team

Back to School!

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

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!

MENTAL HEALTH CENTER CENTENNIAL

Moving lives forward

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

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

Morgan County
Fort Morgan - 970.867.4924

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/