



# COMMUNITY NEWSLETTER

from Centennial Mental Health Center's Prevention Team

## Suicide Awareness Month

*We know that this is nothing like making a sandwich, but effective suicide prevention can't happen unless we take the first step. Have a genuine conversation with someone you are concerned about and use the resources provided to support anyone who may be at risk of suicide.*

### STEP 1



### START WITH A CONVERSATION

*Seize the Awkward*



*Infographic guide for the "do's and don'ts" of discussing suicide*

LISTEN

### STEP 2



### SAFETY & CONNECTION

*Colorado Crisis Line*

*1-844-493-8255*

*Text "TALK" to 38255*



*National Suicide Prevention Lifeline*

*1-800-273-8255*

### STEP 3



### FOLLOW UP

*The Trevor Project*



*SAMHSA*



### STEP 4



*You can't make a sandwich without the bread, so start with Step 1, be encouraged and explore your resources!*



CENTENNIAL

MENTAL HEALTH CENTER

*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

**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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