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.

START WITH A CONVERSATION
Seize the Awkward

LISTEN
Infographic guide for the “do’s and don’ts” of discussing suicide

SAFETY & CONNECTION
Colorado Crisis Line
1-844-493-8255
Text "TALK" to 38255

National Suicide Prevention Lifeline
1-800-273-8255

Follow Up
The Trevor Project
SAMHSA

You can’t make a sandwich without the bread, so start with Step 1, be encouraged and explore your resources!
COMMUNITY NEWSLETTER
from Centennial Mental Health Center’s Prevention Team

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.

You can also find more resources at the following link:
https://www.centennialmhc.org/covid-19-communications/

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

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