HOW MUCH DO YOU KNOW ABOUT THE MOST IMPORTANT ORGAN IN YOUR BODY?

- Your brain has a billion nerve cells.
- There are more connections in your brain than stars in the universe.
- Your brain only makes up 2% of your body weight but uses 20-30% of your calories.
- Information travels at about 268 mph in your brain.
- As your weight goes up, the actual physical size and function of your brain goes down.
- The health of your brain will either accelerate innovation in your life or decelerate it.
- You lose an average of 85,000 brain cells per day.

It might be time to shift your perspective:
- What am I doing to take care of my mental health?
- Do I have support or resources right now?
- How is my body treated on a regular basis?
- Am I honest with myself and others about my needs?
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/