



Mental Health PARTNERS

Healthy minds, healthy lives, healthy communities

Mental Health Awareness Month

May is Mental Health Awareness Month, a space set aside so we can collectively recognize our daily mental health needs. We encourage you to pause for a moment and check in on your well-being and the well-being of your loved ones.

Seeking out support isn't always easy, so we work collaboratively with our community partners to break down the barriers in receiving support and in providing educational resources to all. No one should be alone in their struggles with mental health! We recognize that a system of care with multiple layers of support will best serve our community and we are thankful for these crucial partnerships.

In honor of Mental Health Awareness Month, we invite you to join us and our community partners for a variety of free trainings, events, and resources. Special thanks to the National Alliance on Mental Illness (NAMI), Rise Against Suicide, Atonement Lutheran Church, Interfaith Network on Mental Illness, Parent Engagement Network, and HOPE Coalition for partnering with us!

With Gratitude,
The MHP Team

Register for FREE Trainings and Events

Mindful Coloring with MHP's Community Health Workers



Similar to meditation, mindful coloring enables us to focus on the moment. By focusing on how we choose and apply color in a design, we can suspend our inner dialogue, stop the flow of extraneous thoughts, and unplug from our often stressful activities. Join our Community Health Workers for a mindful coloring session and you'll use our utensils and patterns to relax your brain and calm your thoughts, especially those negative ones.

Find Dates & Locations Near You

QPR Training: FREE for Mental Health Awareness Month



Question, Persuade, Refer: Three Steps Anyone Can Learn to Help Prevent Suicide

Thursday, May 26th, 2022
9-10:30 am MST
Online Zoom Event



The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical, and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know. Join us online for this training on Thursday, May 26th from 9-10:30am.

**Thanks to donations raised by supporters of the Mental Health Partners 2021 Challenge, this training event is being offered for free. Look for information about this year's Challenge in our next newsletter!*

Email Our Team to Register for QPR Training

Get Connected: Community Conversations

Mental Health Partners Presents
Community Conversations
with
Co-CEOs Jen Leosz and Dixie Casford

YOU ARE NOT ALONE.

LET'S TALK

Mental Health PARTNERS
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Mental Health Partners is honored to serve the people of Boulder and Broomfield counties with expert care in mental health and substance use services. We want to invite you to an open conversation to discuss our programs and community partnerships, and to share more about what we do as your community mental health center. Join our co-CEOs, Jen and Dixie, online on Tuesday, May 24th at

6:00pm. Your questions will lead our topics of conversation.

**This event is virtual. Spanish translation will be provided.*

[Join Us on Zoom](#)

Send a Kid to Camp!



Summer camps promote social skills, activity and movement, and overall wellness for our children. They also provide respite and wellness for caretakers. However, many local summer camps are not accessible to all—especially youngsters and families—due to registration and enrollment costs. You can help! Help send a kid to camp this summer through a donation to our “Send a Kid to Camp” program. To donate, please click on the button below and select “Send a Kid to Camp” as your Gift Designation.

Questions? Contact Community Relations and Philanthropy at (303) 443-8500 or email philanthropy@mhpcolorado.org.

[Donate! Send a Kid to Camp!](#)

Broomfield City Council Recognizes

MHP's Marshall Fire Response



In early 2022, MHP was awarded the Crisis Counseling Program (CCP) grant, providing the means for immediate support to our community in response to the Marshall Fire. The CCP team serves as a group of non-clinical, supportive outreach workers who provide education, comfort, and assistance connecting community members to resources and aid.

Last week, Broomfield City Council presented the CCP team and other local organizations with a proclamation recognizing their incredible work in relation to Marshall Fire response and recovery. Jenn Hyder and Anthony Johnson were honored to receive this proclamation on behalf of the team.

Myth Busters



DID YOU KNOW?

MYTH

Mental health problems are rare or uncommon.

FACT

Mental health struggles are actually very common. In fact, 1 in 5 American adults have experienced a mental health issue. Many people don't talk openly about their struggles, which conceals the true scope and scale of the problem.

In honor of *#MentalHealthAwarenessMonth*, we're busting the biggest myths and misconceptions about mental health. Let's start by setting the record straight on how common mental health episodes are in the U.S. You're not alone!

Need Support? [Click Here to Learn More About Access to Care.](#)

Follow us on social media as we bust more myths!



Mental Health Partners

Call (303) 443-8500 to begin care

24/7 Statewide Crisis Line: (844) 4983-8255 or text TALK to 38255

www.mhpcolorado.org

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