



## Community Update

Healing is our purpose.  
Help is our promise.  
Health is our passion.



## Be an Ally! Show your Pride!

### CELEBRATE PRIDE MONTH

Find local PRIDE  
celebration events  
happening in  
Boulder &  
Broomfield  
Counties  
in June.



### Celebrate in Your Community

At MHP, we're proud to celebrate and support our LGBTQIA+ community all year long. We just get especially excited in June since it provides us with additional opportunities to celebrate collectively. Visit [our website](#) for details on how you and your family can take part in local Pride events in Boulder and Broomfield counties with us and our community partners.

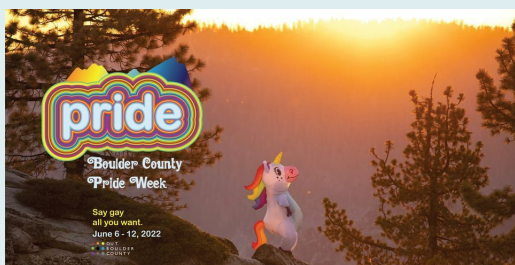
Learn  
More

Mental health is a serious concern for all Coloradans, but especially the LGBTQIA+ community - where individuals are more than twice as likely to experience poor mental health, stress, and depression according to data from Colorado Health Institute. Reach out if you or loved one could use some help.

Access Care



## In the Community: Upcoming Events



Out Boulder County's annual Boulder Pride Festival celebration is back at Boulder Central Park! Join us on Sunday, June 12th from 11:30am to 6:30pm. The day will be jam-packed with activities, amazing community partners sharing information, Pride merchandise galore from Out Boulder County, and MHP's Community Health Workers team.

[Learn More](#)

Longmont's inaugural Celebration of Juneteenth event is a celebration of culture, freedom, and brave beginnings. We are honored to be a sponsor of this opportunity for the community to come together and celebrate Juneteenth. Please join us and enjoy food, live entertainment, special guests, and your community.

[Learn More](#)

## Empowering Our Community: Resources & Trainings

### Coping in the Aftermath of Trauma

Together we mourn with Uvalde, Texas. Our hearts go out to the individuals and families who are experiencing unimaginable grief and trauma.

The incident in Uvalde can be challenging for anyone to process, but especially young kids who are still trying to make sense of their world and community. Thanks to our partnership with the **National Child Traumatic Stress Network**, we have provided a list of resources and information for parents, caregivers, and educators on **our website** to help navigate difficult feelings and conversations.



[Trauma Resources](#)

For additional support, consider watching the below video from Dr. Janine D'Anniballe. Dr. D'Anniballe is a licensed psychologist and nationally recognized expert in traumatic stress who serves as our Director of Trauma Services.

### Making it Through Together: Coping in the Aftermath of Trauma

Join Dr. Janine D'Annabelle Director of Trauma Services at Mental Health Partners  
Livestream Recording March 2021



**Mental Health  
PARTNERS**

*Healthy minds, healthy lives, healthy communities*



## Suicide Prevention Training



### Suicide Prevention Training

**A half-day training in suicide alertness that helps participants recognize a person with thoughts of suicide and support them.**



Suicide is the 2nd leading cause of death among youth in Colorado and we are taking action at MHP to impact change. This includes providing our community with education aimed at a suicide safer society. SafeTALK is a half-day training program that teaches participants to recognize and engage persons who might be having thoughts of suicide and to connect them with community resources trained in suicide intervention.

This training is \$40, yet cost should not be a barrier to any community member seeking to learn these valuable skills. Thanks to generous donations, need-based scholarships are available. For additional questions and to register for this training, please email [trainings@mhpcolorado.org](mailto:trainings@mhpcolorado.org) or click the button below.

**Register for  
SafeTALK**

## Philanthropy & Community Relations

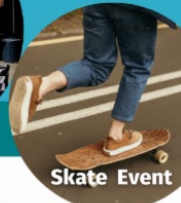
# Help Prevent Suicide

Attempted suicides by Boulder County youth ages 10-17 were nearly twice as high in 2021 compared to 2020 and almost three times higher compared to 2019.\*

\* Data from Boulder County Public Health

Mental Health Partners is raising \$50,000 for youth suicide prevention education

What moves you?  
Choose your challenge



## MHP Community Challenge 2022

Help us prevent suicide by joining our 5th annual fundraising event: **The MHP Community Challenge 2022!** There are so many ways to get involved: running, biking, skating, or even sitting on your couch! Do a Challenge solo, or form a fun team, and share with others. Explore our event website to learn more about how you can make an impact for a suicide safer society!

This year, funds raised will be invested specifically in mental health and suicide prevention among youth in the Latinx and other marginalized communities thanks to our partnership with **Growing Up Boulder**, **El Centro AMISTAD**, and **Mayamotion Healing**.

Learn More & Sign Up!



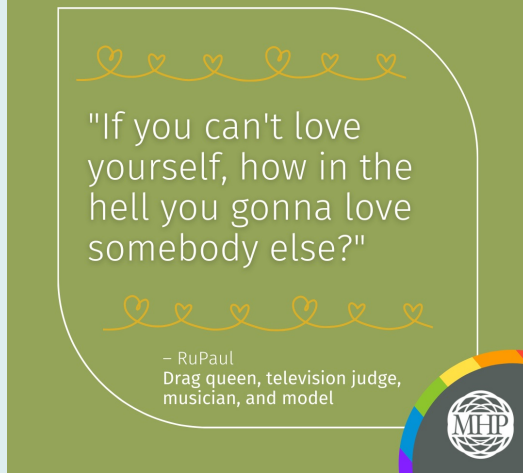
## Comfort Dogs

Comfort dogs are experts at their jobs, specifically trained in providing affection, comfort, and support to those experiencing trauma. And, they are an integral part of the therapy programs offered at the **#BoulderStrong Resource Center**. Within days of the King Soopers tragedy, dogs began their work with people impacted by the event, and to assure their ongoing services, Sue Dague, a community member long involved in dogs making hospital visitations, pulled together other handlers from throughout the area. The BoulderStrong Comfort Dogs were formed! This May, we celebrated the one-year anniversary of this program with these special dogs, grateful clients, and our staff who have witnessed the incredible difference these canines are making in peoples' lives.

## Connect: Follow Mental Health Partners on Social Media

Learn more about our trainings, add tools to your selfcare toolkit, and get informed on pressing mental health topics! Follow **@MentalHealthPartners** on social media and connect deeper with your community mental health center. Click on the buttons below to

see us on Facebook, Twitter, Instagram, and LinkedIn.



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