

Shining a Spotlight on Suicide Prevention, Recovery, & Latine Mental Health



September is Suicide Prevention Awareness Month, National Recovery Month, and September 15 - October 15 is National Hispanic Latine Heritage Month. According to Mental Health America, suicidal thoughts, plans, and attempts are also rising among Latinx/Hispanic young adults. (**Source**)

A key component in reducing suicide is suicide prevention education. Get trained on how to best support those struggling with mental health. Many of MHP's trainings are offered to individuals who reside or work in the City of Boulder free of charge, as part of a generous partnership with the City. If you reside in Boulder or Broomfield counties, we invite you to inquire about pricing and upcoming training opportunities by emailing **Trainings@mhpcolorado.org**.

Upcoming Trainings

Question, Persuade, Refer (QPR): Wednesday, August 30th: 9am-10:30am Adult Mental Health First Aid: Wednesday. November 1st: 9am-4:30pm Youth Mental Health First Aid: Thursday, October 19th: 9am – 3pm

Sign Up for Trainings

Request a Private Group Training

To schedule a private training for your group, business, or organization from an MHP mental health expert, email Trainings@mhpcolorado.org. We will contact you within 1 week to discuss the details - and, if needed, we can develop a custom training based on your group's individual needs.

Mental Health By the Numbers

650,000

Nearly 90%

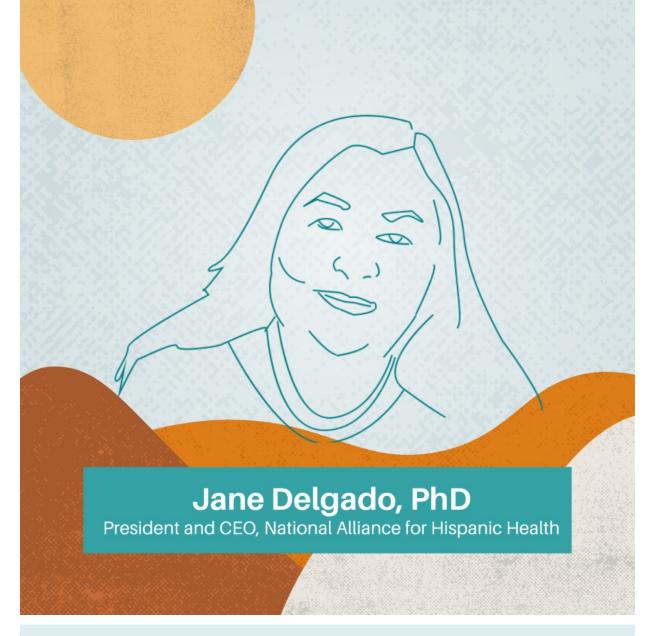
Latine/Hispanic 18-25 year-olds had serious thoughts of suicide in 2018, compared to 7 percent (402,000) in 2008.

of Latine/Hispanic people over the age of 12 with a substance use disorder did NOT receive treatment.

Source: Mental Health America

Please note that the website where this information was pulled from uses the term Latinx. As an organization we are choosing to use the term Latine. Learn more about our decision from our friends at **OutBoulder**.

Quote of the Month



"Health is never 'one size fits all.' It has to be tailored to the individual and the community. You have to meet people where they are and walk with them."

Jane Delgado, PhD President and CEO, National Alliance for Hispanic Health



Access free, lifesaving NARCAN throughout Boulder and Broomfield counties

Opioid overdoses and deaths, particularly from the increasingly common synthetic opioid fentanyl, are on the rise in Colorado. In response to this crisis and to save lives, Mental Health Partners is working with community partners to make overdose reversal medication more widely available and accessible throughout our community.

The goal of the You-CAN campaign is to establish a network of free, easily administrated NARCAN® (naloxone) nasal spray kits in communities across Boulder and Broomfield counties.

We believe the more people who have access to overdose reversal medication, the more lives that can be saved.

Learn more about You-CAN





Celebrating MESA's Summer 2023 Volunteer Hotline Advocate Graduates

A huge congratulations to our incredible Summer 2023 Volunteer Hotline Advocate Graduates! They've just completed our intensive training and are now out there, supporting survivors of sexual violence with unwavering dedication.

Equipped with vital skills in trauma-informed care, active listening, and crisis intervention, these advocates are ready to stand by survivors, guiding them through their healing journeys with strength and resilience.

By joining our advocate network, they're part of a powerful movement aiming to challenge norms and create an environment where survivors are empowered and heard. Their presence shines a light of hope, paving the way for a more compassionate community.

Let's give these grads a huge virtual round of applause! Their energy and commitment are driving real change, making the world safer and more caring for survivors of sexual violence. We're excited to see the positive impact they'll bring to our community.

Become a Volunteer

MHP In The News

Help Save Lives: Mental
Health Partners' Challenge
to Raise Money for Suicide
& Overdose Prevention

Yellow Scene Magazine

Groove to the Rhythms of Hope: 2023 Live Your Lyrics Event Promotes Suicide Awareness and Prevention

Through Music and Unity

24/7 Press Release

Raise awareness of suicide prevention in September

Longmont Leader

Events & Trainings

Expand your mental health toolkit!

Don't miss out on these upcoming community activities, expert-led trainings, events, and more.



Longmont Monthly Mindfulness Activities

Our Community Health Worker team is hosting a number of upcoming events for kids and teens in Longmont. These events are completely free and available to all community members, groups, businesses, and community organizations that support children and youth. Join us at the Longmont Library each month on Fridays (dates vary)!

No registration required.

Date: Friday, September 15, 2023

Time: 3 - 4:30 PM

Location: Longmont Public Library, 409 Fourth Ave,

Longmont, CO

Language: English & Español

Cost: Free



Nederland Monthly Mindfulness Activities

Our Community Health Worker team is hosting a number of upcoming events for all ages in Nederland. These events are completely free and available to all community members, groups, businesses, and community organizations. Join us at the Nederland Community Library on the 4th Tuesday of each month!

No registration required.

Date: Tuesday, September 26, 2023

Time: 3 - 5 PM

Location: Nederland Public Library, 200 CO-72,

Nederland, CO **Language**: English

Cost: Free



Broomfield Monthly Mindfulness Activities

Our Community Health Worker team is hosting a number of upcoming events for all ages in Broomfield. These events are completely free and available to all community members, groups, businesses, and community organizations. Join us at the Broomfield Library each month on Fridays (dates vary)!

No registration required.

Date: Friday, September 29, 2023

Time: 2 - 5 PM

Location: Broomfield Public Library, 3 Community Park

Rd, Broomfield, CO

Language: English & Español

Cost: Free



Kid Connects: Social-Emotional Circle Times for Preschoolers Ages 3-5

Developed by Kid Connects in the Neighborhood with Mental Health Partners, this program meets weekly and features a rotating cycle of activities, beginning with identifying emotions, and then how to cope with big feelings. Attend one or all.

No registration required.

Longmont:

Dates: Every Thursday **Time**: 10:00 - 10:30 AM

Location: Longmont Public Library, 409 4th Ave,

Longmont, CO 80501 Language: English

Cost: Free

Please check your **library calendar** in case of closures

or staff meetings.



Kid Connects: The Great ArtDoors

Join Kid Connects in the Neighborhood and Mental Health Partners for this art-focused program. Through this support group, kids will develop and gather resources for coping with stress, express themselves through art and the natural environment, and work together to help create an environment that is welcoming, inclusive, and fun for the group.

No registration required.

Louisville:

Dates: Most Fridays **Time**: 11:30 - 1:00 M

Location: Louisville Public Library, 951 Spruce St.

Louisville, CO 80027

Language: English

Cost: Free

Please check your **library calendar** in case of closures

or staff meetings.



Let's Connect: Parent Workshop

Let's Connect is an ongoing 10-week parenting group that strengthens relationships between children and the adults who care for them.

Dates: 10 weeks, Wednesdays

Time: 1:00 - 2:30 M Location: Virtual Language: English

Contact Information: info@letsconnect.org

Learn More



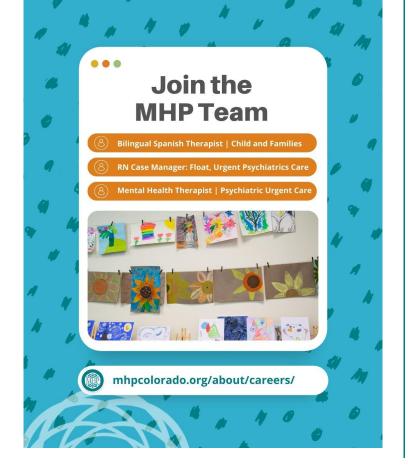
MHP is proud to partner with **Boulder County Community Services** to provide Mental Health First
Aid (MHFA) training for adults and youth over the
next 6 months for local government and community
nonprofit service providers. Additionally, we will be
offering monthly introductory Mental Health and
Wellness sessions (in English, with simultaneous
Spanish language interpretation), as well as monthly
Question, Persuade, Refer (QPR), which is a 90minute virtual suicide intervention and prevention
training.

We periodically offer a number of mental health courses - such as QPR, SafeTalk, ASIST, and Intro to Mental Health and Wellness. Please email Trainings@mhpcolorado.org - or visit our website - for more information.

See All Trainings

More Than a Job, It's a Mission

MHP is looking for a Bilingual Therapist, an RN Case Manager, and a Mental Health Therapist, Psychiatric Urgent Care.



If you have a passion for empowering others to heal, check out these positions. In this role you will provide direct services and assistance to clients. For details on certifications, visit this webpage

Join Our Team

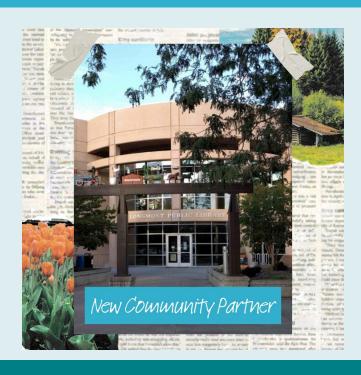
Highlighted Opportunities

RN Case Manager | Bilingual Therapist | Mental Health Therapist. Psychiatric Urgent Care

Connect With Mental Health Partners

Learn more about upcoming trainings and events, add skills to your wellness toolkit, get inspired, and stay informed on important local mental health news!

Follow Mental Health Partners on social media and connect deeper with your community mental health center. You can find us on Facebook, Twitter, Instagram, YouTube, Reddit, and LinkedIn.













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