

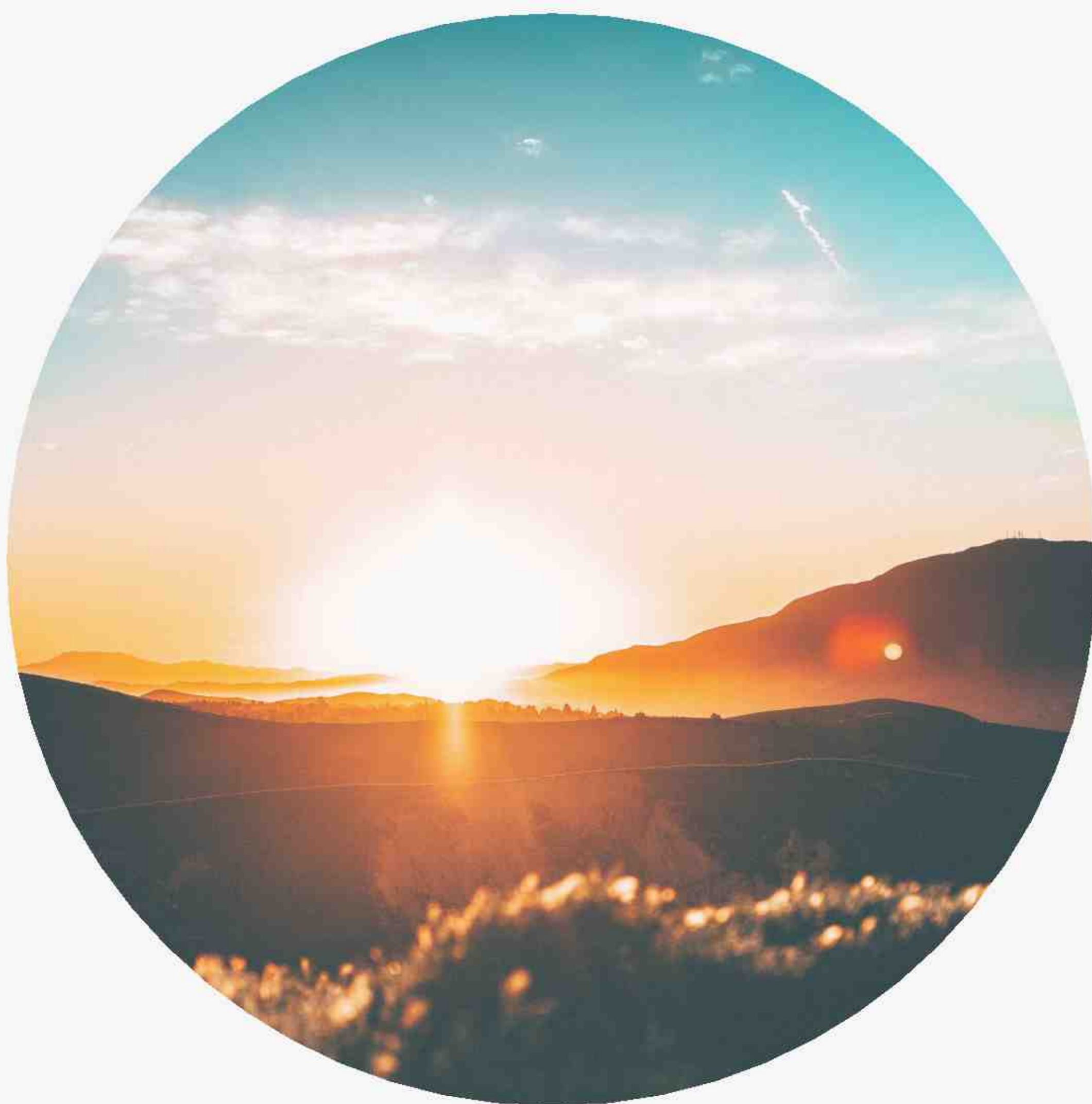
It's okay to not be okay.

Our community has experienced tragedy lately.

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If you are experiencing any of the following symptoms, **you may benefit from support:**

- Strong bodily reactions (increased heart rate)
- Feeling detached or disconnected
- Feeling hypersensitive or "on guard"
- Intrusive memories
- Irritability or Aggression
- Isolation or Avoidance
- Problems sleeping



"Trauma creates change you don't choose. Healing creates change you DO choose."
~ MICHELLE ROSENTHAL

Strengthen your ability to cope with life's challenges by:

- Spending time with people
- Practicing mindfulness
- Pursuing hobbies
- Getting outside in nature
- Exercising
- Journaling
- Pursuing counseling
- Making healthy lifestyle changes

Let's Start Together.

Colorado Crisis Hotline:
1-844-493-TALK (8255)

Mental Wellness Program Intake Line:
1-844-380-6355

Visit our website to learn about free counseling services.

<https://www.sparkthechangecolorado.org/mental-health>

 **spark the change**
COLORADO
Empowering Changemakers. Igniting Service.