

Awareness Matters: Understanding Mental Health and Suicide

Hosted by
Colorado Springs School District 11

Colorado Springs School District 11 is hosting community forums to address youth mental health and suicide.

Who should attend: Guardians of any District 11 student, community members, District 11 employees

Cost: FREE to any and all

Community partners will offer information on:

- Recognizing mental health issues and tools to support your family;
- Suicide awareness and prevention;
- Trauma, what is it and how to help;
- How to find the right counselor;
- LGBTQ and the deep need to be heard;
- Self-injuring behaviors and what it means;
- Personal story from an adolescent's successful recovery.

Dates and Locations:

- September 21, Roy J. Wasson Academic Campus, 2115 Afton Way, 5:30-7:30 p.m.
- September 27, Doherty High School, 4515 Barnes Road, 6-8 p.m.
- October 4, Palmer High School, 301 N. Nevada Avenue, 5:30-7:30 p.m.
- October 11, Mitchell High School, 1205 Potter Drive, 5:30-7:30 p.m.

Community Resource Fair will begin at 5 p.m. each evening, with the exception of Doherty's, which will begin at 6.

Light refreshments will be available.

For additional information contact Cory Notestine, cory.notestine@d11.org, 719-641-1768.



Depression and Bipolar
Support Alliance

Colorado Springs
Chapter



INNOVA
Recovery Services

