

BRAIN BREAK BULLETIN

Mental health tips from PSD counseling staff.

NEED SOME SUPPORT?

Colorado
Crisis Services
coloradocrisiservices.org
1-844-493-8255
Text "TALK" to 38255

988 Suicide & Crisis Lifeline
Call or text 988, 988lifeline.org

Safe2Tell
1-877-542-7233
safe2tell.org

Topic: Building Resiliency

Challenge yourself
but give yourself
grace. It's OK to
learn and try again.



Think positive.

Adopting a growth mindset can help
you see a positive future. Don't forget
to imagine what can go right.



qrco.de/psdmentalhealth

Scan for more mental
health resources

Surround yourself
with friends who
support you for
being who you are.



Escanear para leer
esto en español.



قم بالمشح هنا للقراءة باللغة
العربية.

Ask.

Listen.

Connect.