

**CALL-TO-ACTION:
ADVOCACY AND EDUCATION RESOURCES AND COALITIONS
FOR MENTAL HEALTH, SUBSTANCE USE, AND SUICIDE PREVENTION
FOR BOULDER COUNTY AREA**

Focuses on:

Mental health,
seniors, teens,
caregivers,
Veterans, parents,
people with
disabilities

Boulder County Public Health

This is a website through which you can find local community resources for teens, veterans, parents, seniors, caregivers, people with disabilities, and people looking for mental health resources. See www.bouldercountyhelp.org

Suicide prevention

Office of Suicide Prevention

303 692 2369

Lead entity for statewide suicide prevention and intervention efforts, collaborating with Colorado communities to reduce the number of suicide deaths and attempts in Colorado. See www.coosp.org.

school-based
resilience building
skill building

Sources of Strength

Evidence-based prevention programming for youth focusing on building resiliency, increasing connection to school and caring adults, as well as breaking down the code of silence. See www.sourcesofstrength.org

suicide prevention
advocacy
education
outreach

Suicide Prevention Coalition of Colorado

720 383 7722

Statewide prevention non-profit focusing on advocacy, education, and outreach. Hosts monthly education sessions and an annual prevention conference. See www.suicidepreventioncolorado.org.

training
education

Mental Health First Aid Training

Full-day training teaches the signs of mental health challenges, how to act, and how to connect those in crisis with support systems. See www.mhfaco.org.

education
advocacy
action
for faith groups

Interfaith Network on Mental Illness (INMI)

INMI is a nationwide 501(c)3 non-profit organization based in Boulder, Colorado. It is an interfaith organization, meaning it represents and welcomes participation from all faith traditions, and it affirms that spirituality is an important component of recovery from mental illness. See www.inmi.us.

service organization
addressing local and
global issues

Boulder Rotary Club and Boulder Valley Rotary Club

Rotary is a global network of 1.2 million volunteers united to create lasting, positive change across the globe, in our communities and in ourselves. Rotary is non-political and non-sectarian. There are Rotary clubs throughout Colorado, including Boulder, Niwot, Longmont and Broomfield and mental health is one of our local club focuses. See www.BoulderRotary.org, www.BoulderValleyRotary.Club and Rotarians for Mental Health (www.R4MH.org).

advocacy
education
legislation

Mental Health Colorado

1120 Lincoln St., Ste 1606, in Denver, 720 208 2220

"We're working every day to advance the prevention, diagnosis, and treatment of mental health and substance use disorders. Will we succeed? That's up to you. Become an advocate. Share your story. Make a contribution. At Mental Health Colorado, our strength hinges on you." See www.mentalhealthcolorado.org.

suicide prevention
depression
awareness

Hope Coalition

Local nonprofit supporting depression awareness and suicide prevention in Boulder County. See www.hopecoalitionboulder.org.

Mental Health First
Aid trainings
education
training
community
engagement

Supporting Action for Mental Health

303-651-8469

Supporting Action for Mental Health (SAM) is a movement of local community groups, organizations, faith communities, residents, and local government working together to explore how we all can raise awareness of and take action to address mental health needs in Longmont. See <http://bit.ly/supportingactionformentalhealth>

Suicide prevention
training

SafeTalk

SafeTalk trains anyone (age 15 through adult) to be more able to recognize and approach someone who might be having thoughts of suicide. Participants learn what to say, what to do, and how to connect the at-risk person with life-saving resources. See www.livingworks.net/safeTALK.

Suicide prevention
Support for
survivors of suicide
loss

American Foundation for Suicide Prevention

Resources, events, walks, awareness-raising, support are all available through the AFSP. See www.afsp.org.

advocacy
awareness raising

BVCAN, Boulder Valley Community Action Network

1241 Ceres Drive in Lafayette, 303 665 4280

A social justice group at Boulder Unitarian Universalist Fellowship working on mental health access and awareness.

education
advocacy
support groups

NAMI Boulder County—National Alliance on Mental Illness 303.443.4591

NAMI provides FREE education and support to those with mental illness and their families. Please contact NAMI for current info about support groups as well as their free 12-week Family-to-Family course and 6-week Basics (for parents of children/teens). "NAMI is here to help. You are not alone." See www.namibouldercounty.org.



Compiled by Boulder Rotary Club and Boulder Valley Rotary Club

Sources: Mental Health First Aid Trainings, Interfaith Network on Mental Illness, Office of Suicide Prevention, Supporting Action for Mental Health, Google, Community Foundation Serving Boulder County. Last updated 2/16/18. Contact www.Rotarians4MentalHealth.org/contact for feedback or to update information.