

# NEWSLETTER

## PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County

### TOP NEWS

- Substance Abuse and Mental Health Month
- National Preparedness Month
- Ovarian Cancer Awareness Month



## SUBSTANCE ABUSE AND MENTAL HEALTH AWARENESS

If you, your friends or family members are suffering from anxiety, bullying, depression, substance abuse, suicidal thoughts, loneliness or isolation and you don't know where to start please call Colorado Crisis Services at 1-844-493-8255.

### YOU ARE NOT ALONE!

Colorado Crisis Services provides free, confidential and immediate support from trained professionals and peer specialists, available 24/7/365 by calling 844-493-TALK (8255), or texting TALK to 38255. Colorado residents can also seek services in-person at our walk-in centers, regardless of ability to pay.

In Colorado, there is no wrong door for people to get support if and when they need it. Colorado Crisis Services and 988 are free emotional support lines available to the people of Colorado. 988 is available nationwide, while CCS is a statewide resource for Colorado.

## OVARIAN CANCER AWARENESS MONTH

- Ovarian Cancer is the fifth leading cause of cancer deaths in women.
- Work with your physician to learn about ovarian cancer screening
- Check out this you tube video to find out if you or a loved one should be screened.

[https://youtu.be/\\_PiKCddMfaQ](https://youtu.be/_PiKCddMfaQ)

## ARE YOU PREPARED?

September is National Preparedness Month, an annual reminder for all Americans how important it is for individuals, families and communities to be prepared for disasters and emergencies that can happen at any time.

Everyone should sign up to receive local alerts and warnings on your mobile phone. Download the FEMA app ([www.fema.gov](http://www.fema.gov)) and receive real-time alerts from the National Weather Service and have the steps to prepare for disaster to keep you and your loved ones safe.

Also please take a moment to fill in the appropriate information to be notified by the Park County Response Team for CODE RED in the event of emergency situations or critical community alerts. Examples include evacuation notices, bio-terrorism alerts, boil water notices, and missing child reports: <https://public.coderedweb.com/CNE/en-US/F9FB36CB1C0D>

## RESPIRATORY VIRUS SEASON IS COMING

Respiratory virus season officially starts in October, however the Centers for Disease Control are monitoring for cases of Influenza, COVID-19 and respiratory syncytial virus weekly at [Respiratory Virus Activity Levels | Respiratory Illnesses | CDC](#).

Park County Public Health will be coordinating Respiratory Virus Vaccine Clinics for the end of September 2024 and through October 2024 in various areas of Park County. We will offer the following vaccines: Influenza, RSV and COVID-19 (based on availability). We will hold these clinics in Lake George, Guffey, Fairplay and Bailey.

The dates of the clinics will be determined when we are notified of our vaccine shipments impending arrivals. If you would like to be on our appointment list for a Respiratory Virus Vaccine Clinic you may call our registered nurse at 719-836-4174.



**LET'S CONNECT!**

Park County Public Health: call 719-836-4174.

Please visit [www.ParkCountyCO.Gov](http://www.ParkCountyCO.Gov) for more information