

NEWSLETTER

PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County



TOP NEWS

- **September is Suicide Prevention Awareness Month**
- **National Preparedness Month**



September is Suicide Prevention Awareness Month — a time to raise awareness, promote hope, and normalize help-seeking. Suicide affects millions of people every year, yet too many struggle in silence. Whether you're facing challenges, supporting a friend or loved one, or are looking to help, your voice matters. This month is dedicated to recognizing the warning signs for suicide, encouraging open conversations about mental health, and connecting people to proven treatment and resources. When we stand together in strength, dignity, hope, and purpose, we can make a difference—we can help save lives.

Tools to guide you:

- Go to <https://findtreatment.gov/> to find treatments near you; confidential and anonymous resource for persons seeking treatment for mental and substance use disorders 24/7.
- 988 Suicide & Crisis line. Call or text 988. If you need to talk, 988 lifeline is here for you. The 988 Colorado Mental Health Line is available for free and immediate support 24/7.
- Veterans Crisis Line. A 24/7, confidential support service for veterans and their loved ones in crisis. Veterans can use this new option by dialing 988 and pressing 1 to contact the Veterans Crisis Line. Veterans may still reach the Veterans Crisis Line with the previous phone number—[1-800-273-8255](tel:1-800-273-8255) and Press 1—by text ([838255](tel:838255)), and through chat (VeteransCrisisLine.net/Chat)

DUDE TALK DINNERS

Social interaction is essential for good mental health. Locally we offer DUDE TALK DINNERS, which is a gathering for men in a relaxed, nonjudgmental environment where they can talk openly about life's challenges. **Next meeting will be at 2 DADS EATERY in Bailey September 25 @ 6pm.** Complimentary dinner will be served.

NATIONAL PREPAREDNESS MONTH

National Preparedness Month, also in September, aims to reduce the impact of emergencies by encouraging everyone to develop emergency plans, assemble emergency kits, and stay informed about potential risks.



During this month, individuals and communities are encouraged to:

- Create an Emergency Plan: This includes identifying communication strategies, evacuation routes, and designated meeting points.
- Stay Informed: Sign up for emergency alerts and follow reliable news sources during a crisis. Park County residents can sign up for CODE RED by going to <https://public.coderedweb.com/CNE/en-US/F9FB36CB1C0D>. If assistance is needed feel free to visit the Park County Public Health office Monday-Thursday, 7AM-5PM.
- Assemble an Emergency Kit: Stock up on essential supplies like food, water, medications, first aid items, and other necessary supplies.
- Promote Community Preparedness: Share information, tips, and resources with neighbors and local groups to encourage a culture of preparedness.

Why it Matters:

- Preparing for emergencies can save lives, speed up recovery, and reduce the overall impact of disasters on individuals, families, and communities.

Resources:

- Websites like Ready.gov and [Convoy of Hope](http://ConvoyofHope.org), and https://www.weather.gov/ffc/national_preparedness_month offer valuable resources and guidance on how to prepare for an emergency.

FLU CLINIC

In October 2025 Park County Public Health will hold flu clinics in Park County at the following locations: Guffey, Lake George, Bailey and Fairplay. Exact dates and times will be coming soon. Give us a call at 719-836-4174 to reserve your spot! Our nurse will be happy to answer questions.

The South Park Ambulance District would like to hear from the people living in Hartsel, Jefferson, Como, Fairplay and Alma by completing the survey on community health needs and interests. Use the QR code to start.



LET'S CONNECT! PARK COUNTY PUBLIC HEALTH: 719-836-4154

Please visit www.ParkCountyCO.Gov for more information