

2531 Airport Rd.
Colorado Springs, CO
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12-4 PM

AUG
28

Vol. 1



minority mental health

initiative

LET'S TALK ABOUT IT

Let's put the **UNITY** back in comm**UNITY**



In collaboration with:



AUG 2020

OVERDOSE PREVENTION & AWARENESS

What is Mental Health?

A Person's condition with regard to their psychological & emotional wellbeing.

Mental Health is also:

A state of wellbeing in which every individual realizes his/her own potential, can cope with normal stresses of life, can work productively & fruitfully, & is able to contribute to his/her community.

OVERDOSE:

over, dose

An excessive and dangerous dose of a drug

Substance Use Disorders:

A disease that affects a person's brain and behavior and leads to an inability to control the **use** of a legal or illegal **drug** or medication. **Substances** such as **alcohol**, marijuana and nicotine also are considered drugs

SUD'S Effect on Mental Health

Drugs interfere with the way neurons send, receive, and process signals via neurotransmitters. Drugs can alter important brain areas that are necessary for life-sustaining functions and can drive the compulsive drug use that marks addiction.



Crisis Text Line provides free, 24/7 support via text messages. We're here for everything: anxiety, depression, suicide, school.

Text HOME to 781241



Suicide Prevention Hotline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

1-(800)-273-8255