



Do You Care Enough to Be Aware?

Attention: If you have an immediate emergency call 911, the Jefferson Center for Mental Health at 303-425-0300, or call or text Safe2Tell/Safe2Text: 877-542-7233 or text "S2T" to 274637

The Health and Human Services Department along with Public and Environmental Health Department and the Suicide Awareness Task Force of Clear Creek County Colorado, have joined forces to build awareness, prevention and education outreach in the community.

When someone in our community is having a health crisis or is a safety risk to themselves or others, there are many ways we can respond:

- We can notice and not respond
- We can offer our help
- We can report it to a hot line or call 911
- We can tell someone who may care or have a concern

How Do YOU Respond?

Regardless of your approach, the first step in this process is AWARENESS. In a small, rural county, it is often a challenge for people to seek help and find available health resources. Confidentiality and anonymity also may be a concern. Despite these challenges, we believe that community health problems affect everyone and that everyone can help. This is the reason that Care2BAware was launched in 2011.

History

In 2010, inspired by the Department of Health and Human Services, Clear Creek Public and Environmental Health and the Jefferson Center for Mental Health; and organized by request of the Board of County Commissioners; a diverse group of individuals met with the goal of reducing the risk and incidence of suicide in the county through outreach, education and prevention. Eighteen months later and with more than 70 citizens, first-responders and volunteers trained in suicide prevention; with surveys collected; and nearly 25 educational presentations given—one thing was very clear: this was a more complex issue than suicide prevention. Prevention awareness would need to include issues of depression, mental health treatment, economic hardship, senior isolation, the seasonal effects of long winters, access to services and the support of help-seeking behaviors.

Call to Action

Please join us in our efforts to increase educational outreach and raise awareness of the signs and risks that affect your health and your neighbor's health. Whether it's bullying, loneliness, job loss, depression, abuse of drugs, suicide prevention or unattended health needs, do you care enough to know what to look for, know what to say, know what to do and know who to call?

Do you Care2BAware?

If this is NOT an emergency situation and you would like more information, please use the following contacts: For facts sheets, information, buttons, stickers, flyers, training opportunities, referral sources, speaker's bureau or other presentations or educational needs, contact the Care2BAware Coordinator at 303-679-2386.

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