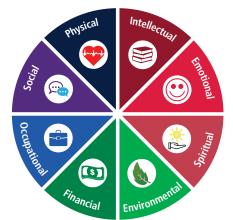
You can make a difference. **Prioritize Your Wellness and Care For Others**



PCC values your wellness and wants you to be successful at PCC and in your future aspirations. Your wellness is a way of living and is a holistic approach to health-promoting behaviors. Simply put, wellness is a conscious, self-motivated, well-rounded approach to living—the pursuit of balance, not perfection (as depicted in the dimensions of wellness).



Follow the QR code to get a FREE step-by-step guide to your wellness



Follow the OR code for PCC's FREE self-care resources to include videos and guides for your wellness.

Know the warning signs of suicide

Fact: Suicide ranks as the 10th leading cause of death in the United States, and the 2nd leading cause of death for 15-34 year olds. Every 12 minutes, one person in the U.S. will die from suicide.

We want to emphasize that everyone can play a role in suicide prevention. Please take this opportunity to learn the warning signs. Help and support are available for you, your family member, student or friend.



■ ★ ! : ■ Follow the QR code to learn about what to do if you think someone might be at risk for self-harm by reading these species.

Helping Someone in Emotional Pain. self-harm by reading these 5 Action Steps for



See a concern for a fellow Panther? Follow the QR code to share PCC's webpage to share concerns.



When you notice your wellness or wellness of a loved-one becoming unbalanced or in crisis, here are important local and national resources to get help

Pueblo

Health Solutions Crisis Services 1310 Chinook Lane (719) 545-2746 24/7 Hotline | Walk-in 24/7 Immediate Danger – Call 911

Cañon City

SolVista Health 3225 Independence Rd., Cañon City (719) 275-2351

24/7 Hotline | Walk-in 8 am-5 pm (M-F) Immediate Danger - Call 911

Mancos

Cortez Integrated Health 691 E. Empire, Cortez (970) 247-5245

24/7 Hotline | Walk-in 8 am-5 pm (M-F) Immediate Danger – Call 911

Durango / Bayfield / Ignacio

Crossroads at Grandview - Axis Health 1125 Three Springs Blvd., Durango (970) 247-5245 24/7 Hotline | Walk-in 24/7 **Immediate Danger – Call 911**

Southern Ute Behavioral Health 4101 County Road 222, Durango (970) 563-5700 Open 8 am-5 pm Monday-Friday

Immediate Danger – Call 911

Pagosa Springs

Archuleta Integrated Healthcare 52 Village Drive (970) 247-5245 24/7 Hotline | Walk-in 8 am-5 pm (M-F) Immediate Danger – Call 911

National & State Crisis Resources



988 Crisis Lifeline (formerly the National Suicide Prevention Lifeline) Dial 988 OR Text TALK to 988 – www.988lifeline.org



Colorado Crisis Services

1-844-493-8255 OR **Text TALK to 38255** – www.coloradocrisisservices.org



Trevor's Lifeline - LGBTQ

1-866-488-7386 OR **Text START to 678678** – www.thetrevorproject.org



Military/Veterans Crisis Line

1-800-273-8255 (Press 1) OR **Text HELLO to 838255** – www.veteranscrisisline.net