

SUPPORT & RESOURCES FOR MAY 7, 2020



Common reactions as the first-year mark approaches

Having trouble sleeping? Feeling irritable? Feeling sad or anxious? Having headaches, stomachaches, or other aches & pains? Having intrusive thoughts or memories?

All of these are **common reactions** people report having as the first-year mark of a trauma approaches. The STEM Center for Strength is here to be a support for anyone impacted by the events of May 7, 2019. You are not alone.

On May 7, volunteers will be available should you want to connect. Please join us on 5/7/20 for support and resources.

Please join us virtually on May 7:

8:30am to 9:15am - Join us for our *live* webinar on self-care and reflection.

10am to Noon - Sign up now for a confidential 30-minute slot to chat with one of our volunteers on the phone or via video chat.

12pm to 12:45pm - Join us for our webinar on self-care and reflection (a *live* repeat of the 8:30am session).

1pm to 5pm - Drop into our *live* Zoom session any time between 1-5pm to chat and connect with our volunteers and other community members affected by the events of May 7. There will be separate breakout groups for parents, students and staff. *Please note, these are open to all and not one-on-one, confidential sessions.*

Other ongoing resources

Weekly online support groups

- Current & Former STEM Staff:
Thurs 4pm to 5:30pm
- Current & Former STEM Parents:
Wed 5:30pm to 7pm
- Current & Former STEM Students (8th grade & up): Wed 3:30pm to 5pm

24/7/365 helplines

- AllHealth Network Crisis Line: 303-730-3303
- Colorado Crisis Line:
844-493-TALK (8255)
Text "TALK" to 38255
- SAMHSA Disaster Distress Line: 1-800-985-5990

QUESTIONS? PLEASE EMAIL DRTSUPPORT@ALLHEALTHNETWORK.ORG
WWW.STEMCENTERFORSTRENGTH.ORG

