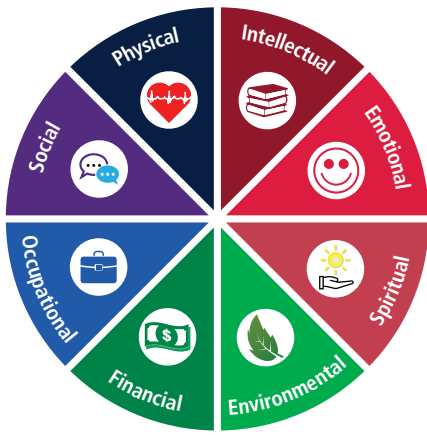
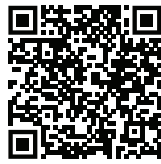


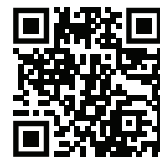
You can make a difference. Prioritize Your Wellness and Care For Others



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 QR 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 5 Action Steps for Helping Someone in Emotional Pain.



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

<p>Pueblo</p> <p>Health Solutions Crisis Services 1310 Chinook Lane (719) 545-2746 24/7 Hotline Walk-in 24/7 Immediate Danger – Call 911</p>	<p>Cañon City</p> <p>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</p>	<p>Mancos</p> <p>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</p>
<p>Durango / Bayfield / Ignacio</p> <p>Crossroads at Grandview - Axis Health 1125 Three Springs Blvd., Durango (970) 247-5245 24/7 Hotline Walk-in 24/7 Immediate Danger – Call 911</p> <p>Southern Ute Behavioral Health 4101 County Road 222, Durango (970) 563-5700 Open 8 am-5 pm Monday-Friday Immediate Danger – Call 911</p>		<p>Pagosa Springs</p> <p>Archuleta Integrated Healthcare 52 Village Drive (970) 247-5245 24/7 Hotline Walk-in 8 am-5 pm (M-F) Immediate Danger – Call 911</p>

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