



MENTAL HEALTH ASSOCIATION OF COLORADO

For Immediate Release
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BUILDING COMMUNITY SAFETY

DENVER, Colo. – The tragic shooting on the campus of Virginia Tech has many people asking, “What can be done to prevent these acts of violence from happening?”

The Mental Health Association of Colorado suggests these tips for empowering yourself:

- Learn about warning signs for potential violent behavior.
- Know the warning signs for mental health problems, suicide and substance use.
- Know your own community.
- Learn about neighborhood resources that support families and communities such as nonprofit organizations, annual celebrations and events, extended family relationships, faith communities and places of worship, after school sports and arts activities, parent involvement with the schools, car pools, preschools and babysitting cooperatives.
- Promote resilience in children by helping them develop effective social and communication abilities, including decision-making and problem-solving skills.
- Ensure that protective factors --- such as good physical healthcare and safe home environments --- exist for children in your home and community.
- Advocate for and help build broad-based prevention programs that include families, schools, business and faith communities, schools and universities, media, police, local and national not-for-profit organizations, and other parties concerned with the healthy development of children.
- Know that help is available. Your local mental health association or other child/family advocacy groups can help you locate services and programs in your community.

Local Community Resources:

Mental Health Association of Colorado

1385 S. Colorado Blvd. Ste. 610, Denver CO 80222
720-208-2220 or 800-456-3249 ■ www.mhacolorado.org

Creating Caring Communities (Bully-Proofing Your School program)

1385 S. Colorado Blvd. Ste. 610, Denver CO 80222
720-941-0700 ■ www.bullyproofing.org

Suicide Prevention Coalition of Colorado

1385 S. Colorado Blvd. Ste. 610, Denver CO 80222
1385 S. Colorado Blvd., Ste. 610, Denver, CO 80222
720-208-2220 ■ 800.456.3249 ■ 720-208-2250 fax
www.mhacolorado.org



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720-208-2220 ■ www.suicideprevention-colorado.org

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About the Mental Health Association of Colorado

The Mental Health Association of Colorado, the Colorado affiliate of the National Mental Health Association, is the catalyst and voice for the Colorado mental health movement. Through Education, Advocacy and Outreach, we provide resources to Coloradoans affected by the entire spectrum of mental health issues.

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