

**Break
the Stigma....**

**It's OKAY
not to be
OKAY.**



SOCIAL-EMOTIONAL HEALTH RESOURCE DIRECTORY For Families and Providers within Cheyenne, Kiowa, and Lincoln Counties

Mental health is a key part of overall health. We all have mental health - even babies! Just as physical health enables us to have the energy we need to work and live our lives, mental health allows us to have positive relationships, cope with life's challenges, and manage our emotions. Just as we take care of our children's physical health with nutritious foods, plenty of rest, and safe environments, we must also take care of their mental health. We can do this by actively supporting their social-emotional development. You and your child's mental health is critical to the overall health of both of you. It is **NORMAL** to have concerns and questions. Below is a list of supportive resources in your community to help! ***These are resources for both providers and families.***

Lincoln County

Centennial Mental Health

Therapeutic Services: 719-775-2313

Early Childhood Mental Health Specialist:

970-571-4224 or DanielleS@CentennialMHC.org

Peak Vista

Behavioral Health: 719-775-2367

Lincoln Community Hospital

Behavioral Health (Limon): 719-775-8662

Behavioral Health (Hugo): 719-743-2155

Behavioral Health (Flagler): 719-765-4340

Ryon Medical

Dara Randel: 719-384-0303, 719-688-9905



Kiowa County

Southeast Health Group

Therapeutic Services Eads Office:

719-336-7501, 800-511-5446

Early Childhood Mental Health Specialist:

Tami Stephenson, 719-383-5498, 719-383-5427

Ryon Medical

Dara Randel: 719-384-0303, 719-688-9905

Applied Behavioral Concepts

Mental Health Resource, Bill Bradford, 719-565-8829

Hi-Plains Community Health Center

Behavioral Health Services, 719-336-0261



**Can I
Help You?**

Cheyenne County **Centennial Mental Health**

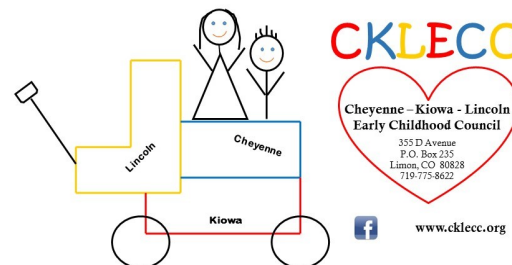
Therapeutic Services: 719-346-8183

Early Childhood Mental Health Specialist:

970-571-4224 or DanielleS@CentennialMHC.org

Ryon Medical

Dara Randel: 719-384-0303, 719-688-9905



Family Support and Education Health and Well-Being Learning and Development

A collective vision on behalf of young children and their families.

Early Intervention

Cheyenne & Lincoln Counties

Social-Emotional Development Support

Vicki Folkerts, Children and Family Services Director

970-526-3623 x303

vickifolkerts@ecsdd.org

You are not alone.

I am here to listen.

Cheyenne, Kiowa, Lincoln Early Childhood Council - Like us on Facebook



For additional mental health resources visit cklecc.org or call CKLECC at 719-775-8622