

# Guide your members to good mental health.

For some people, their spirituality gets them through life's challenges. But sometimes, these challenges need a little extra help.

As a faith leader, your members most likely trust and confide some of their deepest thoughts to you. Consider referring your members to Aurora Mental Health Center if they are showing any of the following signs that you are concerned about:

- ▲ Extreme changes in energy levels
- ▲ Changes in sleep patterns
- ▲ Unintentional changes in weight or appetite
- ▲ Feelings of hopelessness, guilt, or helplessness
- ▲ Loss of interest in friends, family, activities, or work
- ▲ Thoughts of suicide
- ▲ Unexplained crying or ongoing sadness
- ▲ Extreme irritability or aggressive response to frustration
- ▲ Irrational thinking or poor judgment
- ▲ Unable to cope with stress

(These are just some symptoms of mental health disorders provided by Mental Health America.)



Providing mental health guidance to your church members will allow them to start getting the help they need to live life to the fullest. Don't let them suffer any longer.

### The best way to refer your members in need:

- ▲ Let them know that mental health issues are common, treatable, and help is readily available.
- ▲ Provide them with a copy of Aurora Mental Health Center's programs and services shown on the next page.
- ▲ Encourage them to call **303.617.2300** for a personal consultation.



**Aurora Mental Health Center**

303.617.2300 • [www.aumhc.org](http://www.aumhc.org)

**LIVE LIFE TO THE FULLEST!**

# Mental health issues are common, treatable, and help is readily available.

In a given year, one in four individuals will have a mental health issue. Sadness, irrational thinking, anger, hopelessness, or increased irritability are just some of the signs associated with mental health disorders.

Fortunately, many conditions are easy to manage and treat, helping those recover and live full, productive lives again.

For 32 years, Aurora Mental Health Center has been helping thousands of people regain their lives. Many of our counselors and clinical caregivers are strongly rooted in spiritual understanding and integrate patient's beliefs whenever possible as they help them heal.

If you are concerned about your, or your loved one's, mental health, please call us today at 303.617.2300 for a personal consultation.

- ▲ Children, adolescent, and family services
- ▲ Adult and senior services
- ▲ Residential programs
- ▲ Spanish speaking counseling
- ▲ Wellness classes
- ▲ Parenting and couples guidance
- ▲ Divorce recovery
- ▲ 24-hour emergency services
- ▲ Seven convenient locations throughout Aurora



Aurora Mental Health Center, a nonprofit community mental health organization, has been nationally recognized for excellence in mental health care, and was named Colorado's number one community mental health center in 2006 by the Colorado Division of Mental Health.



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