

NEWSLETTER

Glass Lawler Mental Health Edition



RELEASE DATE
MAY 2024

lgbtqcolorado.org/mental-health

Your Guide to Being in the Know



Your Glass Lawler Mental Health Events - May 2024

- May 1 & 15, 2024
 - 4:00 - 5:30 PM



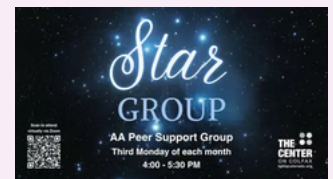
- May 8, 2024
 - 4:00 - 5:30 PM



- May 13, 2024
 - 4:00 - 5:30 PM



- May 20, 2024
 - 4:00 - 5:30 PM



- May 6 & 27, 2024
 - 4:00-5:30 PM



- Summer Kick Off
 - May 31, 2024
 - 4:00 - 7:00 PM



WHAT'S INSIDE?

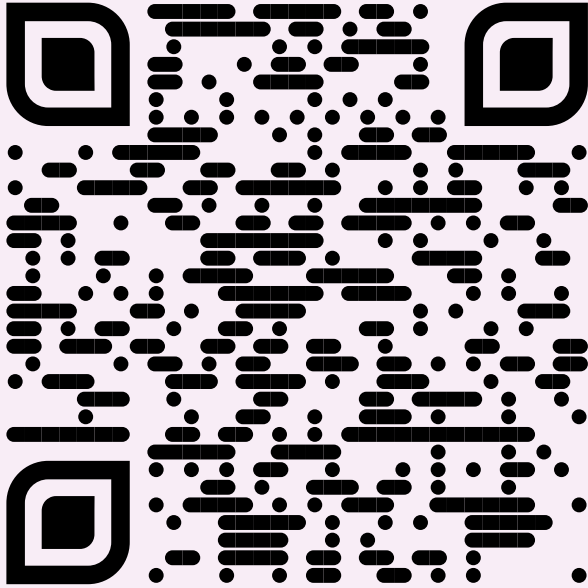
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May Calendar

Scan the QR code for the full calendar of events



- **May 6:** Lesbian Lounge
- **May 6:** Bisexual Peer Group
- **May 8:** Running in the Street - Coming Out Peer Support Group
- **May 9:** West of 50 Open Art Studio
- **May 10:** Cooking Around the World
- **May 13:** Telling Your Story
- **May 13:** BIPOC Peer Support Group
- **May 14:** STI Testing from Denver Health
- **May 15:** Fingerprinting
- **May 15:** JustSayKnow: Harm Reduction Peer Support Group
- **May 16:** West of 50 Open Art Studio
- **May 20:** STAR AA Peer Support Group
- **May 28:** Men's Coffee Group
- **May 31:** PetSnap - Pet-Friendly Family Portraits
- **May 31:** Summer Kick off Barbecue

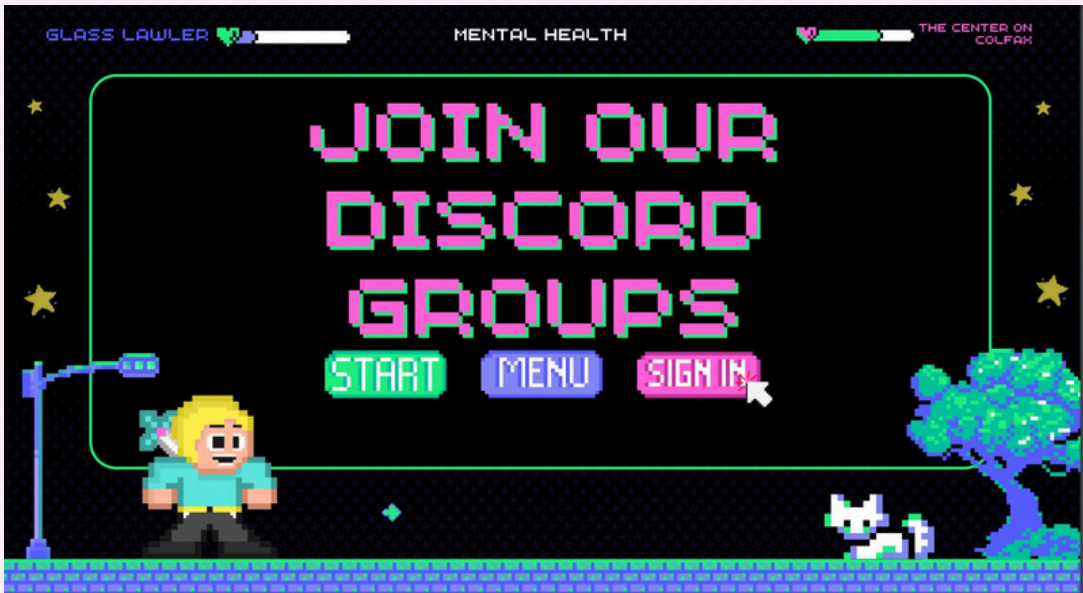


MENTAL HEALTH FACT

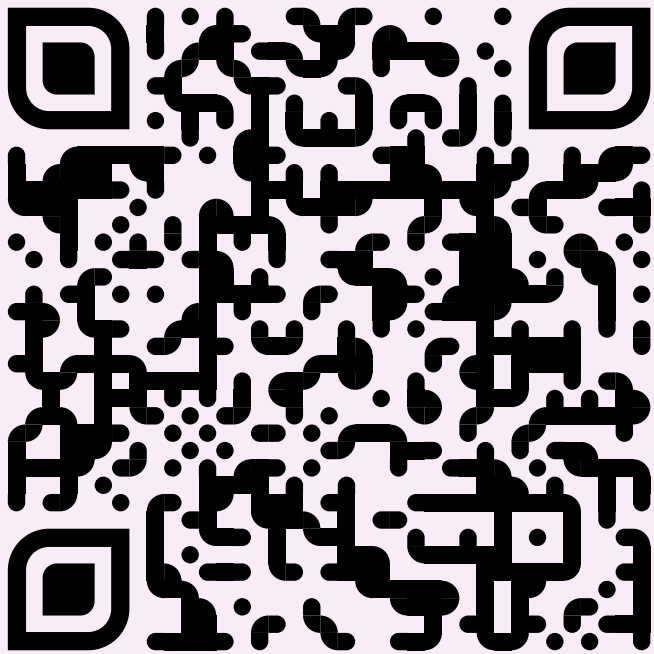
May is Mental Health Awareness Month

1. **Prevalence:** Mental health disorders are more common than you might think. According to the World Health Organization, around 1 in 4 people globally will experience a mental health condition at some point in their lives.
2. **Impact of COVID-19:** The COVID-19 pandemic has had a significant impact on mental health worldwide. Studies have shown increased rates of anxiety, depression, and other mental health issues due to factors like social isolation, economic stress, and uncertainty.
3. **Stigma Reduction:** Despite progress, stigma surrounding mental health still exists. It's important to educate others that mental illnesses are medical conditions, not personal weaknesses, and that seeking help is a sign of strength.
4. **Access to Care:** Many individuals still face barriers to accessing mental health care, including cost, availability of services, and stigma. Advocating for improved access to mental health services is crucial for ensuring that everyone gets the support they need.
5. **Preventative Measures:** Promoting mental well-being isn't just about treating mental illness; it's also about prevention. Encouraging healthy lifestyle habits such as regular exercise, adequate sleep, balanced nutrition, and stress management can help protect and improve mental health.
6. **Support Networks:** Building strong support networks is essential for maintaining mental health. Whether it's friends, family, support groups, or mental health professionals, having someone to talk to and lean on during tough times can make a big difference.
7. **Workplace Mental Health:** Mental health in the workplace is increasingly recognized as a priority. Employers play a crucial role in creating a supportive work environment by offering resources like employee assistance programs, mental health days, and flexible work arrangements.
8. **Youth Mental Health:** Mental health issues often emerge during adolescence and young adulthood. Educating young people about mental health, providing them with coping skills, and fostering open dialogue can help prevent problems later in life.
9. **Cultural Considerations:** Mental health awareness should also take into account cultural factors that influence how mental illness is perceived and treated. It's important to respect diverse beliefs and practices while promoting understanding and access to care.
10. **Self-Care:** Lastly, promoting self-care practices is essential for maintaining good mental health. Encourage readers to prioritize self-care activities that they enjoy, whether it's reading, spending time outdoors, practicing mindfulness, or engaging in hobbies.

DISCORD GROUPS



Welcome to
Glass Lawler Mental Health
Program's server



Need an ONLINE community? We have discord groups for all for all of our peer support groups. These groups were created to further increase accessibility for our community and to form supportive groups of like-minded individuals. Scan the QR code to join our Discord server!

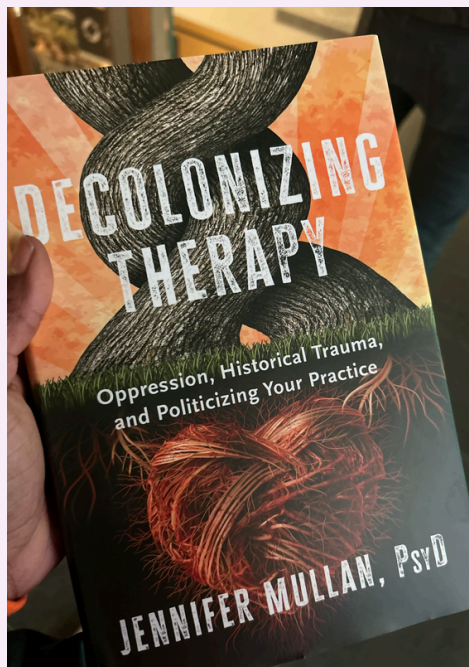
April Highlights

Wellness 101 with SAGA

Our director Jaylin hosted a discussion with The Center's Saga program on healthy wellness skills and coping. This presentation included tips and tricks for healthy coping, stats on our community, and interactive activities to get the brain juices flowing. If you're interested in having this presentation shared somewhere near you, please reach out to Jaylin Goodloe at jgoodloe@lgbtqcolorado.org



YouthSeen Book Signing



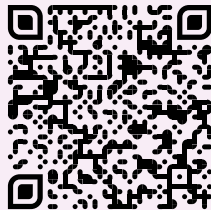
On April 11, Glass Lawler Mental Health director Jaylin Goodloe had the opportunity to attend the YouthSeen's book signing and discussion on decolonizing therapy. The event touched on a wide variety of topics that tend to get swept under the rug.

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Interest Form for Mental Health Services

Are you in need of therapeutic services? Using our page on The Center's website, you can sign up to receive services from Glass Lawler Mental Health. Once you are deemed eligible for our services, you will be asked to complete an intake form to determine what you'd like to focus on in your therapy sessions and the severity of your symptoms. All scheduling will be completed using Simple Practice. Scan the QR code to complete the interest form!



Glass Lawler Mental Health: Interest Form

Thank you for your interest in Glass Lawler Mental Health! Please fill out this form if you are interested in being contacted about receiving **free** therapeutic services through our program in the near future.

<p>First Name*</p> <input type="text"/>	<p>Last Name*</p> <input type="text"/>
<p>Email Address*</p> <input type="text"/>	<p>Phone Number*</p> <input type="text" value="555-555-5555"/>

Are you seeking free mental health services?*

Choose one... ▼

I acknowledge that this form is only to be filled out by those seeking and consenting to free mental health services by The Center on Colfax's Glass Lawler Mental Health program.*

Choose one... ▼

We will never share your email address. Ever.

[SIGN UP](#)

Glass Lawler Summer Kickoff Barbecue

Friday, May 31 | 4:00 - 7:00 PM | The Center on Colfax - 1301 East
Colfax Ave, Denver, CO 80218



Join us in celebrating Mental Health Awareness Month! The event will feature tons of activities, including a yoga session, games, food, music, and more. Come kick off summer with us! Scan the QR code below to register!

[READ MORE](#)

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Pride News

help wanted!!!



Would you like to be a volunteer or a participant in any of the activities in the mental health space at Denver Pride this year? If so, please contact Jaylin Goodloe at jgoodloe@lgbtqcolorado.org! Our space will be called the Health and Wellness Lounge, and will feature numerous activities that will engage festival attendees in a variety of ways.

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Pride Movie Showing

Saturday, June 1, 1:00 - 3:00 PM

Join Glass Lawler Mental Health for a movie showing of "Moonlight" to kick off Pride Month! "Moonlight" explores the life of a young black man named Chiron as he navigates his journey through childhood, adolescence, and adulthood in Miami. Divided into three chapters, the film explores Chiron's struggles with his identity, masculinity, and sexuality against the backdrop of a challenging environment. As we follow Chiron's path towards self-discovery and self-acceptance, the film celebrates the resilience and beauty of the human spirit!

**Pride Month Movie
Screening: *Moonlight***
Saturday, June 1



**GLASS LAWLER
MENTAL HEALTH**



RSVP for the movie showing using the QR code above!

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