

**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**

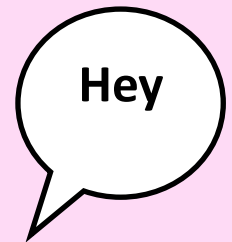
Dara Randel: 719-384-0303, 719-688-9905

#### **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**

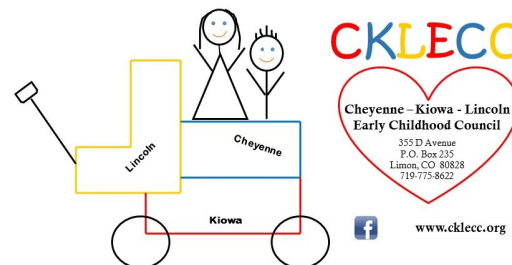
Therapeutic Services: 719-346-8183

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](http://cklecc.org) or call CKLECC at 719-775-8622**