

PROVIDING AWARENESS THROUGH PREVENTION & CONNECTION

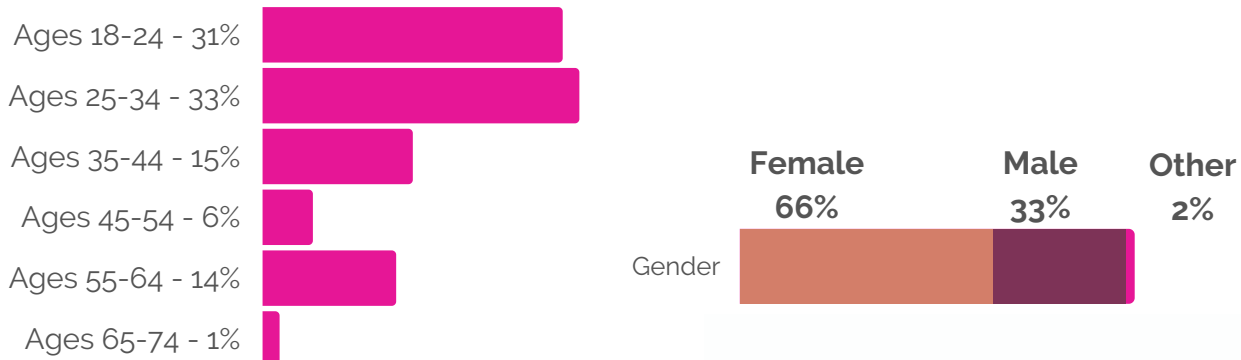
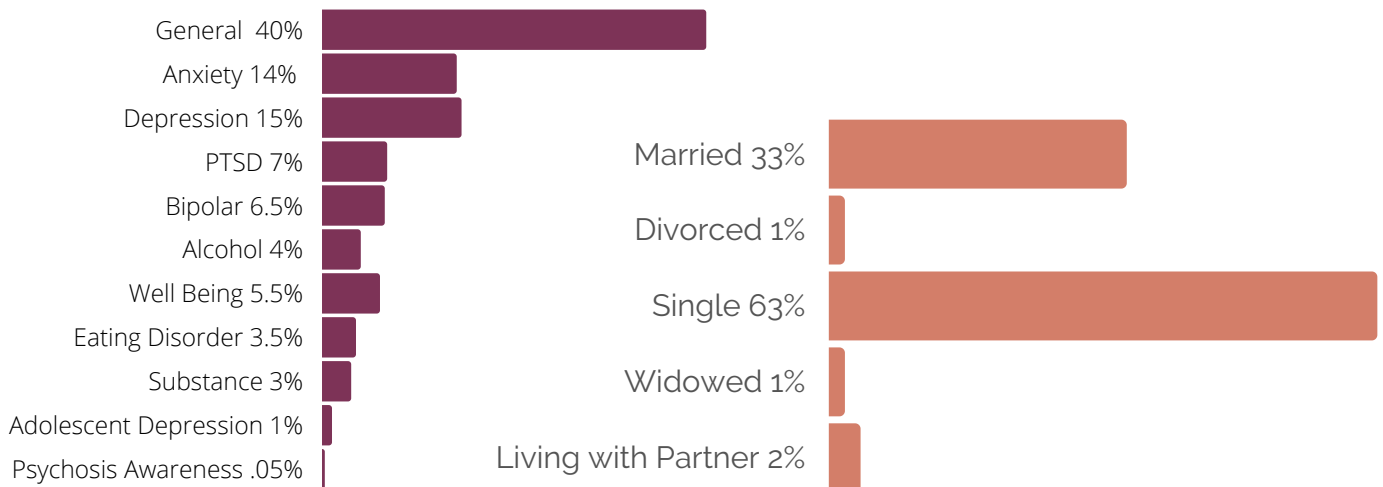
Strengthening our community's well being by **promoting the importance of mental fitness** is how Aspen Strong helps combat addiction, crisis, and the high suicide rates in our valley. **ASPENSTRONG.OGR** is our virtual tool for community connection to resources and building emotional literacy among our residents. **In 2021 over 15,191 visitors accessed support for their mental health.**

1. MENTAL HEALTH SCREENINGS

Since 2014, Aspen Strong has provided **CHECK-UPS FROM THE NECK UP** helping our community to recognize signs and symptoms of mental illness within our self or others in our community, employment, or family.

S E R V I C E S

398 Mental Health Screenings (5,836 to Date)



Quarterbacking Mental Fitness