



THE MOUNTAIN MAIL

‘Engage your children in conversations’ about mental health, district says

- D.J. DeJong, Mail Staff Writer
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Save

A Salida student is safe after a suicide attempt Thursday at school.

Superintendent David Blackburn confirmed the incident and said he was thankful the student was safe and thanked staff and students for their quick response to the situation.

Blackburn said a district-wide social-emotional curriculum is in place to help improve communication and open up more explicit conversations about mental health.

He said he also encourages parents to engage their children in those conversations, especially over the holidays, and to reach out if assistance is needed.

In addition to directly reporting to school personnel or emergency services, students or others who may be concerned about themselves or someone else in need of assistance can call Safe2Tell Colorado.

Safe2Tell Colorado’s website tells students, “Telling isn’t ‘snitching.’ Telling is when you need to keep yourself or someone you know safe from threats, harmful behaviors or dangerous situations.”

By calling, the site said, “students can help stop a friend from committing suicide, get another student off drugs or stop a bully from making other people miserable.”

Blackburn said the district looks into every one of those reports it receives.

In Chaffee County teens ages 15-19 can get a Teen Wellness Voucher to access mental health services at Solvista Health.

The voucher provides up to two free one-hour visits with a Solvista Health counselor to help during overwhelming and stressful times.

Vouchers may be found at:

- Salida High School – front desk waiting area, school counselor or nurse’s offices and school library.
- Salida community locations – Solvista Health office, Family & Youth Initiatives office (Touber Building), Chaffee County Public Health, Fun Street Arcade, First Street Family Health and Salida Regional Library.
- Buena Vista High School – front desk waiting area, school counselor or nurse’s offices and school library.
- Buena Vista community locations – Family & Youth Initiatives office, 114 Linderman Ave., and Buena Vista Library.

Report a concern toll free at Safe2Tell Colorado at 877-542-7233 or visit [safe2tell.org](https://www.safe2tell.org).