

# Let's Talk About Mental Health

## Community Conversations on Supporting Action for Mental Health in Longmont: What's next?

Supporting Action for Mental Health (SAM) invites you to attend one of four community conversations to share your ideas regarding SAM's role in addressing mental health throughout the city of Longmont. During each meeting, we will review the history of SAM, discuss its current state, and — with your help — identify next steps for the future.

SAM is a network of local government, groups, organizations, and residents working together to support individuals experiencing mental health issues in Longmont.

**Tuesday,  
March**

**5**

11:30am-1:30pm  
Lashley Street Station  
1200 Lashley Street

**Saturday,  
March**

**9**

10:00am-12:00pm  
Lashley Street Station  
1200 Lashley Street

**Monday,  
March**

**11**

6:30pm-8:30pm  
Longmont Senior Center  
910 Longs Peak Avenue

**Thursday,  
March**

**14**

2:30pm-4:30pm  
Lashley Street Station  
1200 Lashley Street

Questions? Visit [bit.ly/samlongmont](https://bit.ly/samlongmont) or contact John Kellow at (303) 651-8469 + [john.kellow@longmontcolorado.gov](mailto:john.kellow@longmontcolorado.gov)

