

POLARA STAR

A place where everyone feels they belong

Q3 2023

ENROLL TODAY ONLINE PORTAL

Stay connected on your path to
wellness and recovery

Sign up for our consumer portal to receive email and text appointment reminders, update personal information, communicate securely via email and complete paperwork online.

Step 1: Contact our Front Desk Staff for an email invitation

Step 2: Click on the link contained in the email

Step 3: Enter your date of birth

Step 4: Enter validation code provided to you

Step 5: Create a Password

Step 6: Login with your email address and password

It's easy to sign up!

Ask the front desk or your care team member



Take a minute and ENROLL TODAY!



SCAN ME

Stay connected on
your path to wellness
and recovery.

To get started, ask our front desk
personnel or call the Access Center



928-445-5211



Recognizing the signs of suicide, promoting open discussions about mental health, and providing support can make a significant difference in saving lives. September, designated as **Suicide Prevention Awareness Month**, serves as a critical time to raise awareness and discuss this highly stigmatized topic. In addition to shifting public perception, we use this month to spread hope and vital information to people affected by suicide. Our goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help. During this month, individuals, organizations, and communities come together to shed light on the staggering statistics and to spread messages of hope and help. It serves as a reminder that suicide is preventable and that seeking help is crucial.

September

is Suicide Prevention Awareness Month



SCAN ME

Join us Saturday morning,
September 23rd 9am - 1pm for
the **Prescott Walk out of
Darkness** event at Granite Creek
Park. Scan the QR code to visit
the walk website to learn more.

ART WITH LIVED EXPERIENCE



Save the Date

Thursday, October 19th
5:00 PM - 7:00 PM

American Warehouse
226 North Montezuma Street
Prescott, AZ

"Art With Lived Experience" is a captivating art event that unveils the profound creative talents of our clients. Through a dynamic fusion of creation, design and performance, our clients bring their personal narratives to life. The event serves as a poignant testament to the transformative power of art in fostering healing and empowerment. Join us in celebrating these remarkable individuals as they courageously share their stories, illustrating the unique journey of resilience and self-discovery through their artistry.

PLEASE SUBMIT YOUR ARTWORK FOR THE ART WITH LIVED EXPERIENCE EVENT!

Visit our website for the 2023 Application Form and/or ask your Therapist, Case Worker or Support Group Facilitator for more information.

Deadline for application submission is September 15th.



Polara Health's Birth to Five Program is recognized by both Health Choice and Care 1st as a Center of Excellence. This means we are able to demonstrate:

- Excellent service with high patient satisfaction.
- Proven leadership in the healthcare industry.
- Dedication to preparedness, research and education.
- Focused, evidence-based and outcome-based approach to care.
- Innovative methods for improving quality.
- Strong emphasis on safety.

Polara Health's Birth to Five Center of Excellence understands that your children develop within a network of relationships and communities. Our highly trained Birth to Five team provides services that are targeted to strengthen these networks from an integrated approach that is developmentally and trauma informed.

Call us for more information on our Birth to Five Program 928-445-5211.

