

Meet Lauren SinClair, LPC, MA, MPA

Educated with a Master of Arts in Mental Health Counseling from Adams State and a Master of Public Administration and Policy from the University of Colorado, Lauren is a licensed LPC in Colorado. She works with the Cheyenne VA team, spanning southeast Wyoming, Northern Colorado, and the Nebraska's Panhandle, focusing on community-based suicide prevention for Veterans.

As a Licensed Mental Health Counselor touched personally by suicide loss, I've dedicated a decade to supporting individuals through life's adversities. My experience spans from private clinics to federal agencies, catering to diverse clients, notably from the military and community health arenas.

Now, as the Community Engagement and Partnership Coordinator for Suicide Prevention, I ready organizations with essential resources, with a pronounced emphasis on Veterans — guiding communities on suicide screenings, promoting connectivity, and advocating lethal means safety counseling. My approach is underlined by a deep-rooted commitment to trauma-sensitive, client-focused care.

Beyond clinical practice, I champion mental health advancement, disseminating knowledge on trauma, suicidality, and holistic care techniques. I've trained various professionals, from 3-star Generals to Peace Corps Volunteers.