

# COVID-19 Hotlines



- **KDHE Hotline, 1-866-534-3463**, is available M-F, 8:30am-5:30pm, Sat. 10am-2pm, Sun. from 1pm-5pm. Or visit the Kansas Department of Health and Environment's COVID-19 Resource Center at [coronavirus.kdheks.gov](https://coronavirus.kdheks.gov) if you have questions or want more information about COVID-19 in Kansas.
- **SAMHSA's Disaster Distress Hotline is 1-800-985-5990**, or text **TalkWithUs to 66746**. If you or someone you know is struggling, the Disaster Distress Hotline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or man-made disasters, including infectious disease outbreaks.

Para hispanohablantes, llamada **1-800-985-5990** y presione 2 o texto **Hablanos 66746**.

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# Crisis Helplines



- **National Suicide Prevention Lifeline, 1-800-273-8255 or 1-888-628-9454 para español.**  
Provides free and confidential support 24/7 for people in distress, prevention, and crisis resources for you or your loved ones, and best practices for professionals.
- **Crisis Text Line**, text **Kansas** to **741741** to reach a crisis counselor. This text line is a free, 24/7, confidential text message service for people in crisis.
- **Kansas Community Mental Health Centers.** Available 24/7, Contact the CMHC for crisis services in your county.
- **Veterans Crisis Line, 1-800-273-8255 and Press 1** or text **838255** for confidential support for veterans, service members, National Guard and Reserve members, and their family members and friends.
- **Kansas Crisis Hotline, 1-888-363-2287** provides confidential support 24/7 to victims of domestic violence, sexual assault and stalking.
- **National Domestic Violence Hotline, 1-800-799-7233**, visit [thehotline.org](https://www.thehotline.org), or text **LOVEIS** to **22522**.  
Advocates are available 24/7 to talk confidentially with anyone experiencing domestic violence, seeking resource or information, or questioning unhealthy aspects of their relationship.
- **National Sexual Assault Hotline, 1-800-656-4673** or chat online at [online.rainn.org](https://www.online.rainn.org). The NSAH offers confidential, anonymous support 24/7 to individuals who are experiencing or have experienced sexual assault.

**If you or someone you know is in immediate danger, call 911**

# Kansas Helplines



- **The Parent Helpline, 1-800-CHILDREN**, is a free, anonymous, information and referral service for Kansans, that can provide support with parenting skills, child development, behavior management, mental health, legal concerns, and provide information about available programs and services.
- **United Way's 2-1-1** of Kansas can help residents locate local resources they need. You can call **2-1-1**, call **1-888-413-4327**, or visit [unitedwayplains.org/find-help](https://unitedwayplains.org/find-help) to find resources in your area. The most common searches include food assistance, utility assistance, rent assistance, health insurance information/counseling, and homeless shelters.
- **Gambling Problem Helpline, 1-800-522-4700**, if you or someone you know has a gambling problem, help is available, 24 hours a day at no-cost to you.
- **Kansas Substance Use Treatment Referral Line**, call **1-866-645-8216** and select option 2. Referral Line staff can help identify substance use treatment providers in your area as well as complete assessments for treatment.
- Call **Kansas Protection Report Center** at **1-800-922-5330** if you suspect a child is being abused or neglected or if you suspect an adult in the community is being abused, neglected, or exploited.

**If you or someone you know is in immediate danger, call 911**

# Staying Informed



**For accurate information regarding COVID-19 you can visit:**

- **[cdc.gov](https://www.cdc.gov)** -The Centers for Disease Control and Prevention.
- **[kdheks.gov](https://www.kdheks.gov)** -The Kansas Department of Health and Environment.
- **[covid.ks.gov](https://www.covid.ks.gov)** -The Office of the Governor has released the Kansas COVID-19 Response and Recovery website.
- **KDHE Hotline, 1-866-534-3463**, is available M-F, 8:30am-5:30pm, Sat. 10am-2pm, Sun. from 1pm-5pm.
- For local news follow your county or state emergency management agency or a trusted news source for updates.

**When sharing information about COVID-19 on social media, make sure that it comes from a reliable source to stop the spread of rumors and inaccurate information.**

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# When to Take a Break



While it is very important to stay up-to-date on information regarding COVID-19, constantly monitoring news or social media can be exhausting and cause additional stress. Try and set regular times where you take a break from checking news or social media.

**Good times to take a break from news.**



**During Meals**



**Family Time**



**Before Bed**

# Relieving Stress



**Taking care of your body is an important step in relieving stress.  
Below are some tips on how to practice self care every day.**



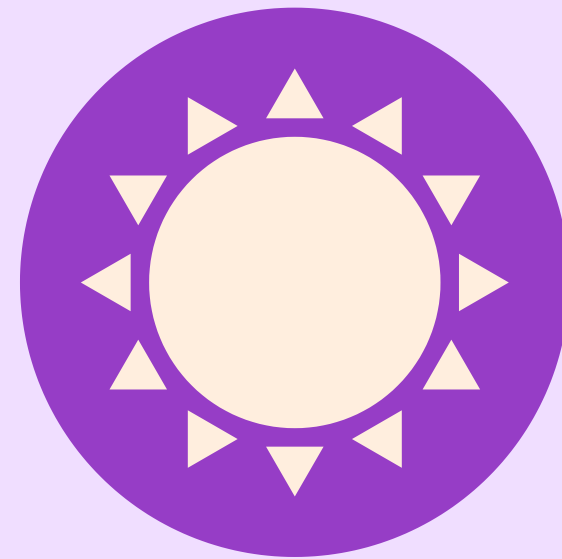
## Sleep

Keep a regular sleep schedule of 7-9 hours per night.



## Drink Water

Avoid an excess of sugary or caffeinated drinks, especially before bed.



## Fresh Air

Open a window, or go outside.



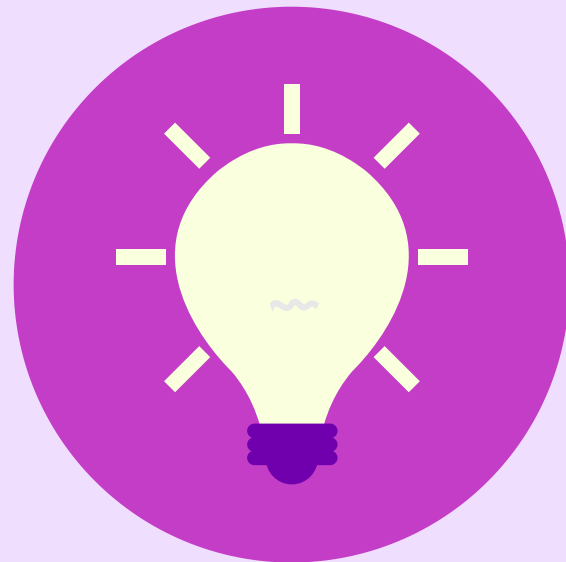
## Get Moving

Stretch, go for a jog, dance, or exercise to your comfort level.

# Relieving Stress



**Take some time to connect with others and make sure that you have a healthy outlet for your emotions.**



## Create

Make something that you enjoy, a favorite meal, art, music, etc.



## Connect

Call or text a friend and see how they are doing.



## Play

Have some fun, break out the board games, or play with a pet.



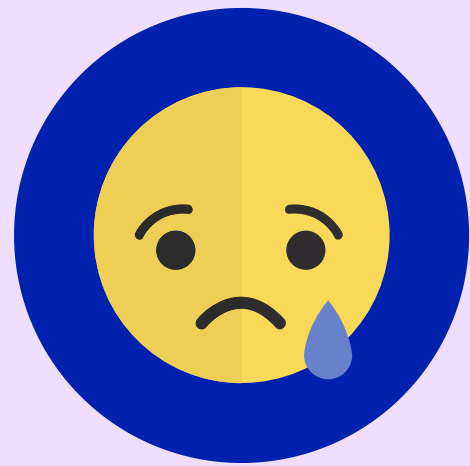
## Rock Out

Put on some music while doing your daily tasks.

# Compassion Fatigue



**Compassion fatigue is associated with caregiving professions and can occur during prolonged exposure to direct or indirect stressors.**



## **Emotional Exhaustion**

- Irritability
- Anxiety
- Depression
- Emotional detachment
- Feelings of isolation



## **Mental Exhaustion**

- Feeling overwhelmed
- Trouble focusing
- Forgetfulness
- Lack of interest
- Lack of motivation



## **Physical Exhaustion**

- Headaches
- Sleeping too little or too much
- Change in appetite
- Feeling ill or aches

**If you see these signs in yourself or others, take steps to reduce exposure to the stressor and spend some time relaxing, or focusing on things you enjoy.**



# Get Involved!



There are plenty of ways you can support your community.

- **United Way's 2-1-1** or [volunteeruwgkc.com/need](https://www.volunteeruwgkc.com/need) can match you with volunteer opportunities for your area.
- [justserve.org](https://www.justserve.org) can help you find volunteer opportunities in your area.
- The **American Red Cross** is hosting blood drives and are looking for donors, visit [redcrossblood.org](https://www.redcrossblood.org) to find a blood drive in your area.



**Volunteer Time**



**Donate**



**Support**

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# Food Resources



**Many individuals and families are facing financial stress during COVID-19, if you or someone you know is in need, do not hesitate to reach out, there are resources available.**

- **[feedingamerica.org/find-your-local-foodbank](https://feedingamerica.org/find-your-local-foodbank)** is a food assistance locator that will help you find available resources in your area.
- **Harvesters' SNAP Hotline, 1-877-653-9522**, or email them at **SNAP@harvesters.org** to see if your household qualifies for Supplemental Nutrition Assistance Program (SNAP).
- **United Way's 2-1-1** can help locate food resources. Call **2-1-1**, or visit **[unitedwayplains.org/find-help](https://unitedwayplains.org/find-help)** to find resources in your area.
- If you have children in your household, **[fns.usda.gov/meals4kids](https://fns.usda.gov/meals4kids)** can help locate resources in your area that can provide meals for school age children.
- **KCSL's Parent Helpline 1-800-CHILDREN** is a free, statewide, anonymous, information and referral service. Call the Parent Helpline whenever you have a question or feel frustrated, upset or confused. There's no question too small or problem too big.

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# Economic Resources



**Many individuals and families are facing financial stress during COVID-19, if you or someone you know is in need, do not hesitate to reach out, there are resources available.**

- **[getkansasbenefits.gov](https://getkansasbenefits.gov)** can be used to file or check the status of your unemployment benefits.
- **[kansasworks.com](https://kansasworks.com)** has a list of COVID Essential Job Postings that are looking for applicants.
- **United Way's 2-1-1** may provide assistance with rent, utilities, bills, or food. To search for other available resources visit **[unitedwayplains.org](https://unitedwayplains.org)**
- **The Salvation Army** may have funds available to assist with rent and utilities, call **1-785-233-9648** to ask about availability.

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# Domestic Violence Resources



**If you or someone you know is in immediate danger call 911,  
or contact local law enforcement.**

- **The Kansas Crisis Hotline, 1-888-363-2287**, is the statewide hotline for victims of domestic violence, sexual assault and stalking.
- **The National Domestic Violence Hotline, 1-800-799-7233** is available 24/7 for assistance, information, or locating resources. For additional information or resources visit [thehotline.org](https://www.thehotline.org)
- **The National Child Abuse Hotline, 1-800-422-4453** offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. Crisis counselors are available 24/7 and all calls are confidential.

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# Handling Isolation



**Feelings of anxiety and isolation are common, take steps to maintain healthy relationships and emotional well-being.**



**Stay Social**



**Have Fun**



**Talk it Out**

- **Maintain social circles virtually.** Call or text family and friends, look online for religious services, support groups, or organized events being held virtually.
- **Plan a game night.** There are plenty of games that can be played remotely, and paired with a video call you can share a virtual game night with friends and family.
- **Talk about how you are feeling.** Reach out to friends, family, or mental health professionals. Call **SAMHSA's Disaster Distress Hotline**, at **1-800-985-5990** or text **TalkWithUs** to **66746**, to be paired with a trained crisis counselor.

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# Virtual Recovery Resources



**For individuals seeking recovery resources for substance use or addictions, there are virtual resources available.**

- **Kansas Substance Use Treatment Referral Line 1-866-645-8216**, select option 2. Referral Line staff can help identify substance use treatment providers in your area.
- **Problem Gambling Helpline at 1-800-522-4700** has assistance available 24/7
- **Alcoholics Anonymous** offers online support at [aa.org](http://aa.org)
- **Narcotics Anonymous** has a variety of meeting options at [na.org](http://na.org)
- [smartrecovery.org](http://smartrecovery.org) offers a global community of mutual-support groups and forums.
- [soberrecovery.com](http://soberrecovery.com) provides an online forum for individuals in recovery and their friends and family.
- **SAMHSA** created a **Virtual Recovery Resources** tip sheet to be used for recovery support. [samhsa.gov/sites/default/files/virtual-recovery-resources.pdf](https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf)

# Resources for Families with Children

To support the mental and emotional well-being of your children, it is important to talk to them about COVID-19, they likely have heard a lot of different information, and may have questions. Giving them age-appropriate explanations for what is going on will reduce anxiety, and encourage them to come to you if they have any additional questions.

- **The Pandemic Parenting Guide** by the Anxiety and Depression Association of America has tips on improving you and your child or teen's emotional well-being during COVID-19. You can find the resource guide at [adaa.org/finding-help/coronavirus-anxiety-helpful-resources](https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources)
- KCSL's Parent Helpline **1-800-CHILDREN** is a free, statewide, anonymous, information and referral service. Call the Parent Helpline whenever you have a question or feel frustrated, upset or confused.

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# Resources for Families with Children

- [fns.usda.gov/meals4kids](https://fns.usda.gov/meals4kids) can locate resources in your area that provide meals for school age children.
- [kansashealth.org/family-covid-19/](https://kansashealth.org/family-covid-19/) has mental and physical health resources, learning tools, and family support resources.
- [enrichmentactivities.org](https://enrichmentactivities.org) has hundreds of ideas and activities for at-home learning and fun.
- [theeducatorsspinonit.com/virtual-field-trips-for-kids/](https://theeducatorsspinonit.com/virtual-field-trips-for-kids/) has a list of virtual fieldtrips that children can access from home. .
- [scholastic.com/teachers/student-activities/](https://scholastic.com/teachers/student-activities/) has education and enrichment activities for grades K-12.
- **KCSL's Parent Helpline 1-800-CHILDREN** is a free, statewide, anonymous, information and referral service.