

# MENTAL HEALTH RESOURCES DURING COVID-19

- If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or you feel like you want to harm yourself or others, the following resources are available. These are 24/7, free support lines for individuals. These centers have specialized training and certification for providing services. While these are national hotlines, calls are managed by local centers based on the area code of the phone number making the call.
  - National Suicide Prevention Lifeline: 1-800-273-8255 or [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)
  - National Domestic Violence Hotline: 1-800-799-SAFE (7233)
  - National Child Abuse Hotline: 1-800-4-A—Child (422-4453)
  - Disaster Distress Helpline: 1-800-985-5990 or TEXT: “TalkWithUs” to 66746 or go to [DisasterDistress.samhsa.gov](https://DisasterDistress.samhsa.gov)
  - Crisis Text Line: Text HELLO to 741741
- **South Central Mental Health**, 1-855-773-6686 (after hours). Website: <https://www.scmhcc.org/>
  - Andover: 316-733-5047
  - Augusta: 316-425-0073
  - El Dorado: 316-321-6036
- **Andover Family Counseling**, 316-247-3063, [Andoverfamilycounseling.com](https://Andoverfamilycounseling.com), [Hello@andoverfamilycounseling.com](mailto:Hello@andoverfamilycounseling.com)
- Maintaining Positive Mental Health & Taking care of yourself
  - <https://www.coronavirus.kdheks.gov/DocumentCenter/View/118/Maintaining-Positive-Mental-Health-During-COVID-19-PDF---4-1-20>
  - <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
  - <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/mental-health-covid-19/art-20482731>
- Online Support groups (substance abuse, chronic pain, anger, narcotics, family, etc.)  
<https://attcnetwork.org/centers/mountain-plains-attc/online-support-groups>
- Anxiety
  - ADHD and ANXIETY and COVID-19 <https://www.additudemag.com/how-to-calm-anxiety-2020/>
  - Top ten Covid-19 Anxiety Reduction Strategies <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/top-ten-covid-19-anxiety-reduction-strategies>
  - Need to Connect [https://www.additudemag.com/feeling-socially-weak-build-your-strength/?utm\\_source=eletter&utm\\_medium=email&utm\\_campaign=adult\\_april\\_2020&utm\\_content=040720&goal=0\\_d9446392d6-2831dba9f5-297022213](https://www.additudemag.com/feeling-socially-weak-build-your-strength/?utm_source=eletter&utm_medium=email&utm_campaign=adult_april_2020&utm_content=040720&goal=0_d9446392d6-2831dba9f5-297022213)
  - Overwhelmed with working and kids needing schoolwork done “ONLY SO MANY HOURS IN THE DAY...”  
[https://www.additudemag.com/home-school-guilt-working-parents/?utm\\_source=eletter&utm\\_medium=email&utm\\_campaign=adult\\_april\\_2020&utm\\_content=040720&goal=0\\_d9446392d6-2831dba9f5-297022213](https://www.additudemag.com/home-school-guilt-working-parents/?utm_source=eletter&utm_medium=email&utm_campaign=adult_april_2020&utm_content=040720&goal=0_d9446392d6-2831dba9f5-297022213)

- “YOU-GET-THINGS- PLAN” [https://www.additudemag.com/slideshows/getting-things-done/?utm\\_source=eletter&utm\\_medium=email&utm\\_campaign=adult\\_april\\_2020&utm\\_content=040720&goal=0\\_d9446392d6-2831dba9f5-297022213](https://www.additudemag.com/slideshows/getting-things-done/?utm_source=eletter&utm_medium=email&utm_campaign=adult_april_2020&utm_content=040720&goal=0_d9446392d6-2831dba9f5-297022213)
- “THE PERFECT ANTIDOTE TO PANDEMIC WORRIES” [https://www.additudemag.com/dog-therapy-adhd-coronavirus-worry/?utm\\_source=eletter&utm\\_medium=email&utm\\_campaign=adult\\_april\\_2020&utm\\_content=040720&goal=0\\_d9446392d6-2831dba9f5-297022213](https://www.additudemag.com/dog-therapy-adhd-coronavirus-worry/?utm_source=eletter&utm_medium=email&utm_campaign=adult_april_2020&utm_content=040720&goal=0_d9446392d6-2831dba9f5-297022213)
- Working with Children
  - Child emotional support, coping with changes. [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19?utm\\_source=ActiveCampaign&utm\\_medium=email&utm\\_content=11+more+resources+for+you+and+your+work+with+clients&utm\\_campaign=April+20+resources](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19?utm_source=ActiveCampaign&utm_medium=email&utm_content=11+more+resources+for+you+and+your+work+with+clients&utm_campaign=April+20+resources)
  - Teaching handwashing <https://www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf>
  - Talking with children [https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html)
  - Protecting child health [https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fchildren.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fchildren.html)
  - Child Abuse and neglect <https://www.coronavirus.kdheks.gov/DocumentCenter/View/373/Mandated-Reporting-Guidance-during-COVID-19-PDF---3-26-20>
- Depression and Bi-Polar
  - Podcasts and On-line support groups: <https://www.dbsalliance.org/covid-19/>
  - Behavioral activity to prevent depression <https://www.psychologytoday.com/us/blog/joyful-parenting/202003/behavioral-activation-prevent-depression-during-covid-19>
  - Wellness tips for dealing with depression <https://health.usnews.com/wellness/for-parents/articles/coping-with-anxiety-and-depression-during-the-coronavirus-pandemic>
- Emergency Responders
  - Taking Care of yourself <https://emergency.cdc.gov/coping/responders.asp>
  - Traumatic Incident Stress <https://www.cdc.gov/niosh/topics/traumaticincident/>

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