

Kansas Crisis & Counseling Services: Resource Guide

May 19, 2020

There is an overwhelming amount of information related to COVID-19 available in the news and on social media. When staying informed, it is important to use reliable sources of information. Understanding and sharing accurate information about COVID-19 helps reduce stress associated with the pandemic.

COVID-19 Resources

Kansas Department of Health and Environment (KDHE) established a hotline to help answer general questions about COVID-19. Call 866-534-3463, Monday through Friday from 8:30 to 5:30, Saturday from 10:00 to 2:00, and Sunday from 1:00 to 5:00. For more information on COVID-19 in Kansas, visit the [KDHE COVID-19 Resource Center](#). If you develop [symptoms](#), please contact your health care provider or [county health department](#). Local Health Departments needing to speak with someone about a patient should call the KDHE Epidemiology Hotline at 877-427-7317.

- [Maintaining Positive Mental Health During COVID-19](#)

Centers for Disease Control and Prevention (CDC) offers [information and guidance](#) related to the COVID-19 pandemic in the United States.

- [Daily Life: Stress and Coping](#)
- [Emergency Responders: Tips for taking care of yourself](#)
- [Helping Children Cope with Emergencies](#)
- [Response Resources for Leaders](#)
- [Taking Care of Your Emotional Health](#)

Mental Health Resources

There are many ongoing treatment and support options that you may benefit from outside of a crisis situation. You can connect with your primary care provider, call the [community mental health center \(CMHC\)](#) in your community, or use the [Behavioral Health Treatment Services Locator](#) to find local providers. If you are feeling overwhelmed, not sure where to start, or are nervous about your first appointment, dedicate some time to reviewing [A Roadmap to Behavioral Health: A Guide to Using Mental Health and Substance Use Disorder Services](#). While intended for individuals with health insurance, there is helpful information for anyone seeking behavioral health services and supports.

Kansas Department for Aging and Disability Services (KDADS) offers a [Directory of Mental Health Resources in Kansas](#). This publication provides current information about the CMHCs serving Kansas, as well as other mental health resources.

Kansas Maternal and Child Health Council (KMCHC) designed an awareness series based on the #BeThe1To's [5 Action Steps for Helping Someone in Crisis](#).

Kansas Prevention Collaborative (KPC) focuses on innovative behavioral health prevention efforts. KPC offers a [Resource Library](#) that includes [COVID-19 Pandemic](#) and [Get Help](#) resources. They started “KPCConnections,” an online conversation for individuals to connect and find social support during COVID-19. Discussions will focus on how the pandemic has affected their work lives. Participants can share their experiences and offer support to peers. For more information, [subscribe](#) for email updates.

Mental Health America (MHA) is the nation’s leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all Americans. To aid individuals and communities during this time, MHA created [Mental Health and COVID-19 – Information and Resources](#).

Mental Health First Aid offers resources and ideas for [maintaining mental wellbeing during COVID-19](#), including [Accessing Online Therapy While Physical Distancing](#).

National Alliance on Mental Illness (NAMI) is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI offers [support groups](#), [warmline directory](#), and a [NAMI Helpline](#). Mental health resources can be obtained by calling the NAMI Helpline at 1-800-950-NAMI (6264) on weekdays between 9:00 am and 5:00 pm (CT). NAMI created a [COVID-19 Resource and Information Guide](#) for the NAMI community and the greater public for use during the COVID-19 pandemic.

Substance Use Resources

If you or someone you know is struggling with addiction, contact the [Kansas Substance Use Treatment Referral Line](#) at 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.

Kansas Department for Aging and Disability Services (KDADS) partners with local substance use treatment providers to ensure Kansans with behavioral health needs, including substance use, have access to treatment and recovery support services. KDADS offers information about [substance use treatment services offered in Kansas](#), including a listing of the [Kansas Designated Women’s Substance Use Disorder Treatment](#) and [Methadone Maintenance Treatment](#) programs.

Substance Abuse and Mental Health Services Administration (SAMHSA) recognizes continued social connectedness is critical to maintaining recovery during times of social distancing and self-quarantine. They created a [Virtual Recovery Resources](#) tip sheet to be used for recovery support, including guidance to local programs for creating virtual meetings.

Anti-Violence Resources

1in6 offers [support](#) for men and boys experiencing sexual abuse or assault. They offer information, resources, 24/7 chat, online support groups, trainings and webinars.

Department of Defense (DoD) Safe Helpline provides anonymous and confidential support 24/7 to members of the DoD community affected by sexual assault. Call 877-995-5247 or [chat online](#).

Kansas Crisis Hotline, 1-888-END-ABUSE, provides confidential [support](#) 24/7 to victims of domestic violence, sexual assault and stalking.

National Domestic Violence Hotline advocates are available 24/7 to provide confidential [support](#) with anyone experiencing domestic violence, seeking resource or information, or questioning unhealthy aspects of their relationship. Call 800-799-7233. If you are unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.

Prevent Child Abuse America is dedicated to helping children and families thrive. They offer a [Resource Center](#) that includes parenting tips and activity toolkits.

RAINN (Rape, Abuse, and Incest National Network) operates the [National Sexual Assault Hotline](#) which offers confidential, anonymous support 24/7 to individuals who are experiencing or have experienced sexual assault. Call 800-656-HOPE or [chat online](#).

If you suspect a child is being abused or neglected or if you suspect a vulnerable adult in the community is being abused, neglected, or exploited, call the [Kansas Protection Report Center](#) at 1-800-922-5330. In the event of an emergency, please contact your local law enforcement or call 911.

Parenting Resources

Kansas Children's Cabinet and Trust Fund focusing on improving the well-being of Kansas children and youth. The Children's Cabinet and Trust Fund prepared [information and guidance](#) to help both families and child care providers navigate these times.

Kansas Children's Service League [Parent Helpline](#), 800-CHILDREN, is a free, anonymous information and referral service for Kansans. Helpline staff can provide support with parenting skills, child development, behavior management, mental health, legal concerns, and provide information about available programs and services for free.

Kansas Department of Health and Environment (KDHE) support continuity of operations for licensed child care facilities during COVID-19. KDHE offers a [Notice for Child Care Operations Related to COVID-19](#), [Frequency Asked Questions \(FAQs\) on](#)

[Child Care and Foster Care During COVID-19](#), and [Child Care Provider and Parent Resource Links](#).

ParentResourcesKS.org offers [information](#) to parents of children ages 0-5 with the aim of reducing possible gaps in instruction or in developmental experiences due to the COVID-19 pandemic.

The Representation Project offers [resources](#) for parents and trusted adults to help keep children safe during the COVID-19 pandemic and always.

Other Resources

Federal Communications Commission (FCC) offers [COVID-19 Consumer Warnings and Safety Tips](#). Review the information to help keep you and your family members safe from phone and text message scams.

Federal Trade Commission (FTC) offers [Tips to Avoid Coronavirus Scams](#), which includes ignoring offers for vaccinations and home test kits.

Kansas Attorney General handles complaints and investigation requests regarding several issues, including price gouging and coronavirus scams. To file a complaint, submit an [Investigate Request](#).

Kansas Corporation Commission (KCC) establishes and regulates rates for public utilities, including electricity, natural gas, liquid pipeline, and telecommunications. KCC offers [Important Notices Related to COVID-19](#).

Kansas Department for Aging and Disability Services (KDADS) offers [COVID-19 Guidance](#) for behavioral health service providers and community services and program, including Home and Community Based Services (HCBS) programs.

Kansas Department for Children and Families (DCF) offers [COVID-19 Guidance](#) for DCF programs, including information about emergency food and child care assistance. DCF oversees the [Low-Income Energy Assistance Program \(LIEAP\)](#) in Kansas. LIEAP is a federally funded program that helps eligible households pay a portion of their home energy costs by providing a one-time per year benefit.

Kansas Department of Commerce (KDC) offers [COVID-19 Guidance](#) for businesses, include information about incentives assistance.

Kansas Department of Labor (KDOL) offers [COVID-19 Guidance](#) for employers and employees, including an [Unemployment Filing](#) and [Unemployment Insurance Benefits](#) tip sheets.

Kansas Department of Revenue (KDOR) offers [COVID-19 Guidance](#) on tax filing deadlines and driver's license and vehicle renewals.

Kansas Insurance Department offers [Information](#) related to insurance policies during COVID-19.

Kansas Legal Services offers [Legal Questions and Answers about COVID-19: What You Need to Know Now](#). They also offer legal information for [health issues](#), including Do Not Resuscitate Request Form, Living Will, and Power of Attorney for Healthcare.

United Way's 2-1-1 of Kansas can help residents locate local resources they need. You can use their searchable database available on their [website](#) or call 2-1-1 or 888-413-4327. The most common searches include food assistance, utility assistance, rent assistance, health insurance information/counseling, and homeless shelters.

