

! HELP is Closer Than You Think !

It's easy to have a roller coaster of emotions, especially during COVID-19. Don't let that emotion motion wear you out. Dare to care about yourself and others. Reach Out. Help is closer than you think! Here's how:

Emergency: Call 9-1-1 Emergency: Call 9-1-1 Emergency: Call 9-1-1

National Resources for Help
24 hours a day/7 days a week. Free. Confidential

 <p>NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-TALK (8255) suicidepreventionlifeline.org</p>	<p>National Suicide Prevention Lifeline 1-800-273-TALK (8255) Spanish: 1-888-628-9454 TTY for deaf or hard of hearing: 1-800-273-8255 Online: suicidepreventionlifeline.org</p>	 <p>RED NACIONAL de PREVENCIÓN del SUICIDIO 1-888-628-9454 prevenciondelsuicidio.org</p>
 <p>Disaster Distress Helpline PHONE: 1-800-985-5990 TEXT: "TalkWithUs" to 66746</p>	<p>Disaster Distress Hotline: 1-800-985-5990 Text: TalkWithUs to 66746 TTY for deaf or hard of hearing: 1-800-846-8517 Spanish: 1-800-985-5990, press 2 Spanish text: Hablanos to 66746 Online: http://disasterdistress.samhsa.gov</p>	
<p>For mental health and/or substance use concerns:</p>		
 <p>NATIONAL HELPLINE 1-800-662-HELP (4357)</p>	<p>SAMHSA National Helpline: 1-800-662-HELP (4357) TTY for deaf or hard of hearing: 1-800-487-4889 Online: www.samhsa.gov/find-help/national-helpline</p>	
 <p>SAMHSA Substance Abuse and Mental Health Services Administration</p>	<p>Behavioral Health Treatment Services Locator Find a health care provider or treatment in your area for substance use, addiction and/or mental health issues. Confidential and anonymous. Online: www.findtreatment.samhsa.gov</p>	

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Veterans Crisis Line: 1-800-273-TALK (8255)

TTY: 1-800-272-TALK

Text: 838255

Online: www.veteranscrisisline.net



The Trevor Project (LGBTQ) Hotline: 1-866-488-7386

Text: Text Start to 678-678

Online: thetrevorproject.org

For Native Americans and Alaska Natives



StrongHearts Native Helpline: 1-844-7NATIVE (762-8483)

Chat online: www.strongheartshelpline.org



National Sexual Assault Hotline: 1-800-656-HOPE

(4673) Chat online: Online.rainn.org

Online: www.rainn.org



National Domestic Violence Hotline: 1-800-799-SAFE (7233)

TTY for deaf or hard of hearing: 1-800-787-3224

Text: LOVEIS to 22522

Online: www.thehotline.org

Spanish Online: www.espanol.thehotline.org

For young adults experiencing relationship or domestic violence



Love is Respect Hotline: 1-866-331-9474 TTY for

deaf or hard of hearing: 1-800-787-3224 Text: LOVEIS to 22522

Chat online: www.loveisrespect.org

Spanish Online: <https://espanol.loveisrespect.org>

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National Resources for Help

24 hours a day/7 days a week. Free. Confidential.

24-hr bilingual domestic violence hotline



Casa de esperanza: 1-651-772-1611

Online: <https://casadeesperanza.org>



The Childhelp National Child Abuse Hotline:

1-800 4-A-Child (1-800-422-4453)

Text: 1-800-422-4453

Live Chat: www.childhelp.org/childhelp-hotline

Online: www.childhelp.org

Find local eldercare help



Eldercare Locator: 1-800-677-1116

Chat online: <https://eldercare.acl.gov>

Online: <https://eldercare.acl.gov>

E-mail: eldercarelocator@n4a.org

Alcoholics Anonymous: 1-202-966-9155

Narcotics Anonymous: 1-800-543-4670

Gamblers Anonymous: 1-855-222-5542

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Resources for Crisis Counseling Help

24 hours a day/7 days a week. Free. Confidential.

COVID-19 has created extra stress for all of us. It's easy to feel sad or overwhelmed at times. To help, **Iowa, Kansas, Missouri** and **Nebraska** each have crisis counseling support services for anyone struggling with emotions and needing a bit of help. Call anytime day or night to talk with someone (free and confidential) or visit the websites to see what information and services are available. You don't need to go it alone. **!Help is closer than you think.**



IOWA CONCERN:
800-447-1985

IOWA WARM:
1-844-775-9276

SPANISH LINE:
531-800-3687

Online: www.covidrecoveryiowa.org



KANSAS: STRONGER TOGETHER

Kansas Crisis Counseling Program for COVID-19:

Call: 1-800-273-8255

Online: www.ksstrongertogether.org

Stay safe and informed. We will get through this together.

SHOW-ME
HOPE
MISSOURI

CALL OR TEXT:
1-800-985-5990

Show Me Hope Missouri

Call or text: 1-800-985-5990

Online: www.moshowmehope.org



NEBRASKA STRONG
RECOVERY PROJECT

Nebraska Rural Response Hotline

1-800-464-0258

MONDAY-FRIDAY 8AM TO 5PM

Nebraska Family Helpline

1-888-866-8660

24 HOURS A DAY, 7 DAYS A WEEK

Online: www.nebraskastrongrecoveryproject.nebraska.edu

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Media Toolkits to Promote State Crisis Counseling Programs



Iowa Concern Media Toolkit

Multiple graphics for promoting COVID Recovery Iowa + ways to connect using social media.

Web link: [COVID Recovery Iowa Media Toolkit](#)

Source: Iowa Department of Human Services



Kansas: Stronger Together Media Toolkit

2 toolkits. First features a variety of information resources associated with COVID-19. Second features products for print and for social media.

Web links: [Kansas: Stronger Together Info Resources](#)
[Kansas: Stronger Together Media Toolkit](#)

Sources: Kansas Stronger Together Crisis Counseling Program
Kansas Department for Aging and Disability Services



Show Me Hope Missouri Social Media Toolkit

Multiple images for use with various social media platforms, to include testimonial videos for YouTube. Also available in Spanish.

Web link: [Show Me Hope Social Media Toolkit](#)

Source: Show Me Hope Missouri



Nebraska Strong Recovery Project Media Toolkit

Press kit containing brochures, posters, social media graphics, public service announcements and other information about the Nebraska Strong Recovery Project.

Web link: [Nebraska Strong Recovery Project Media Toolkit](#)

Source: University of Nebraska Public Policy Center