



How to use the Print Media Toolkit

The Print Outreach files are designed to be printed and distributed, mailed, or displayed where people in the community gather.

Businesses such as gas stations and grocery stores, schools, child-care centers, libraries or community centers, places of worship, funeral homes, doctors' offices, etc. Keep in mind places to reach specialized populations, such as families, pet owners, or farmers.

The use of these files are unrestricted, download, print, and share at will.

Hotline Resources

COVID-19 Hotline Resources

- **KDHE Hotline, 866-534-3463** available M-F, 8:30am-5:30pm, Sat 10am-2pm, Sun from 1pm-5pm. Or visit the KDHE COVID-19 Resource Center at coronavirus.kdheks.gov
- **SAMHSA's Disaster Distress Hotline, 1-800-985-5990** or text **TalkWithUs** to **66746**, to be paired with a trained crisis counselor. The Disaster Distress Hotline provides 24/7 crisis counseling and support to people experiencing emotional distress related to natural or man-made disasters. Para hispanohablantes, llamada **1-800-985-5990** y presione 2 o texto **Hablanos** 66746

Crisis Hotline Resources

- **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** 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 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**, log onto thehotline.org, or text **LOVEIS** to **22522**. Advocates are available 24/7 to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.
- **National Sexual Assault Hotline, 1-800-656-4673** or visit online.rainn.org for confidential, anonymous support 24/7 to individuals who are experiencing or have experienced sexual assault.

Kansas Helpline Resources

- **The Parent Helpline, 1-800-CHILDREN**, is a free and anonymous referral service that can provide support with parenting skills, child development, behavior management, mental health, legal concerns, and provide information about available programs and services.
- 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.
- **United Way's 2-1-1** or **1-888-413-4327** can help residents locate local resources they need. You can call **2-1-1**, or visit 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.
- **Problem Gambling 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, 1-866-645-8216** and select **option 2**. Referral Line staff can help identify substance use treatment providers in your area and complete assessments for treatment.

IF YOU OR SOMEONE YOU KNOW IS IN IMMEDIATE DANGER, CALL 911

Household Resources

Food Resources

- 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** can be used to see if your household qualifies for **SNAP** (Supplemental Nutrition Assistance Program) or email them at **SNAP@harvesters.org**
- fns.usda.gov/meals4kids can help you locate resources in your area that can provide meals for school age children.

Economic Resources

- getkansasbenefits.gov can be used to file or check the status of your unemployment benefits.
- 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
- **The Salvation Army** may have funds available to assist with rent and utilities, call **1-785-233-9648** to ask about availability.

Domestic Violence Resources

- **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
- **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.
- 1in6.org offers support for men and boys experiencing sexual abuse or assault. Information, resources, 24/7 chat, online support groups, trainings and webinars are available online.

COVID-19 Resources

For accurate information regarding COVID-19 you can visit:

- **cdc.gov** -The Centers for Disease Control and Prevention.
- **nih.gov** -The National Institute of Health.
- **coronavirus.gov** for the latest Coronavirus Disease updates.
- **kdheks.gov** -The Kansas Department of Health and Environment.
- **covid.ks.gov** -The Office of the Governor has released the Kansas COVID-19 Response and Recovery website.
- **The 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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Families with Children

These resources focus on providing for children and teens' physical and educational well-being during COVID-19

- fns.usda.gov/meals4kids can locate resources in your area that provide meals for school age children.
- enrichmentactivities.org has hundreds of ideas and activities for at-home learning and fun.
- Encourage children to participate in age-appropriate tasks around the house.
- theeducatorsspinonit.com/virtual-field-trips-for-kids/ has a list of virtual fieldtrips that children can access from home. The list includes zoos, aquariums, US Landmarks, as well as museum tours.
- scholastic.com/teachers/student-activities/ has education and enrichment activities for grades K-12.
- childlife.org/resources/covid-19-resources Has activities and worksheets for both children and teens.
- actionforhealthykids.org has resources for parents and families.

To support the mental and emotional well-being of your children, it is important to talk to them about COVID-19. They have likely 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. Below are some resources to help facilitate these discussions.

- **The Pandemic Parenting Guide** by the Anxiety and Depression Association of America has tips on how to improve 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
- **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.

Compassion Fatigue

Compassion fatigue is a condition that can occur during prolonged exposure to a direct or indirect stressor. Often associated with caregiving professions, compassion fatigue can negatively affect physical, mental, and emotional health.

What to Look For		
Emotional Exhaustion	Mental Exhaustion	Physical Exhaustion
<ul style="list-style-type: none">• Irritability• Anxiety• Depression• Emotional detachment• Feelings of isolation	<ul style="list-style-type: none">• Feeling overwhelmed• Trouble focusing• Forgetfulness• Lack of interest• Lack of motivation	<ul style="list-style-type: none">• Headaches• Sleeping too little or too much.• Change in appetite• Feeling ill or aches

How to Treat Compassion Fatigue

- **Recognize the symptoms.**
- **Eliminate or reduce exposure to the stressor** when possible.
- **Practice mindfulness.** This consists of focusing on the present moment and addressing negative thinking patterns. You can do this through yoga, meditation, journaling, breathing exercises, or walking in nature.
- **Talk to someone.** Talking with a trusted friend, family member, or a mental health professional can help reduce stress and anxiety.
 - Call **SAMHSA's Disaster Distress Hotline, 1-800-985-5990**, or text **TalkWithUs** to **66746**, to be paired with a trained crisis counselor.
 - Para hispanohablantes, llamada **1-800-985-5990** y presione 2 o texto **Hablanos 66746**
- **Take care of your physical health**, maintain a sleep schedule, drink water regularly, eat balanced meals, and practice light exercise.
- **Maintain a good work/life balance.** Know when to take a break.
- **Set aside time for enjoyable activities.** Spend time with family, play with your pets, read, watch a movie, garden, or spend time outside.

Anxiety and Stress

Stress is a normal part of life, but constant and continual exposure to stress can negatively impact a person's physical, mental, and emotional well-being. If you recognize the symptoms of anxiety or stress in yourself or others, reach out, resources are available. Below are healthy coping habits to reduce your levels of stress

- **Recognize the symptoms of anxiety and stress.**
 - Change in sleep patterns. Sleeping too little or too much.
 - Feeling physically or mentally exhausted.
 - Difficulty focusing.
 - Repetitive or negative thought patterns.
 - Worsening physical or mental health conditions.
 - Increased use of alcohol, tobacco, or other drugs.
- **Practice mindfulness.** This consists of focusing on the present moment and addressing negative thinking patterns. You can do this through yoga, meditation, journaling, breathing exercises, or walking in nature.
- **Talk to someone.** Talking with a trusted friend, family member, or a mental health professional can help reduce stress and anxiety.
 - Call **SAMHSA's Disaster Distress Hotline, 1-800-985-5990**, or text **TalkWithUs** to **66746**, to be paired with a trained crisis counselor.
 - Para hispanohablantes, llamada **1-800-985-5990** y presione 2 o texto **Hablanos 66746**
 - Call the **National Suicide Prevention Hotline 1-800-273-8255** if you or someone you know is having thoughts of suicide.
- **Take care of your physical health,** maintain a sleep schedule, drink water regularly, eat balanced meals, and practice light exercise.
- **Avoid over-exposure to news and social media.** While it is important to stay informed, constantly monitoring news and media can negatively impact your mental and emotional well-being.
- **Set aside time for enjoyable activities.** Spend time with family, play with your pets, read, practice your hobbies, garden, or spend time outside.

If you or someone you know is in danger, call 911, or contact emergency services immediately.

Pet Owner Resources

Pet Food

- **Humane Society of Greater KC**-5445 Parallel Pkwy, Kansas City, KS, Call **1-913-596-1000** to receive services.
- **TLC Pet Pantry**-Lawrence, 1245 New Hampshire Lawrence, KS 66044. Call **1-785-865-2821**
- **The Rescue Project** can deliver pet food if needed for the Overland Park area, for questions or services call **1-913-488-4965**.
- **SNKC** Pet food pantry at 1116 E 59th KCMO. Call **1-816-353-0940**, services by appointment only.
- **GPSPCA** Community Food Pantry for pet food 5424 Antioch Drive Merriam, KS. Call **1-913-831-7722**.

Pet Medical Expenses

- **Brown Dog Foundation** provides financial assistance for veterinary expenses. Visit browndogfoundation.org/prequal
- **RedRover** has grants available for veterinary urgent care, emergency sheltering, and crisis sheltering. Visit redrover.org/relief
- **The Pet Fund** assists pet owners pay for Non-basic, non-urgent care, cancer treatment, heart disease, etc. thepetfund.com/for-pet-owners
- **Rose's Fund for Animals** provides financial assistance to assist pet owners in paying for veterinary expenses. Visit rosesfund.org
- **Waggle Foundation** grant applications available to financially burdened, individual pet parents whose animals require medical assistance. Visit waggle.org/apply-for-financial-grant
- **The Shakespeare Animal Fund** may be able to assist with emergency veterinary expenses. For assistance email [**theshakefund@aol.com**](mailto:theshakefund@aol.com) or call **1-775-342-7040**
- **Pets of the Homeless**: Pet food and veterinary care assistance for homeless. Visit petsofthehomeless.org
- **The Onyx & Breezy Foundation** can provide financial grants for veterinary, food, or supply expenses. Visit onyxandbreezy.org/grant-application.html

Virtual Recovery Resources

Virtual Recovery Resources are available for individuals seeking recovery assistance for substance use or addictions.

Helplines

- **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
- **SAMHSA's Treatment Referral Routing Service, 1-800-662-4357**, is a confidential, free, 24/7, information service for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

Online Support Services

- **Alcoholics Anonymous** offers online support at aa-intergroup.org
- **Narcotics Anonymous** has a variety of meeting options at na.org/meetingsearch
- smartrecovery.org/community offers a community of mutual-support groups and forums.
- soberrecovery.com/forums provides an online forum for individuals in recovery and their friends and family.
- soberistas.com provides a women-only international online recovery community
- sobergrid.com offers an online platform to help anyone get sober and stay sober.
- supportgroupsinkansas.org can be used to find support groups in your area for topics such as substance use recovery, mental health, or general support during COVID-19.
- **SAMHSA's Virtual Recovery Resources** tip sheet for recovery support. [samhsa.gov/sites/default/files/virtual-recovery-resources.pdf](https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf)

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Grief and Loss

While grief is often associated with death, it can be felt after any sort of loss.

- Loss of job
- Loss of income
- Changes in routines.
- Feelings of isolation.
- Cancelled events
- Loss of security
- Anxiety about the future.
- Worry about loved ones.

Feelings associated with grief can negatively impact your physical, mental, and emotional well-being. If you or someone you know is grieving any kind of loss, there are resources and coping strategies to help during this difficult time.

- **Give yourself time to process your emotions.** Anxiety, sadness, and anger are common reactions to grief, it is important to recognize these feelings and work through them.
- **Practice mindfulness.** Focus on the present moment and address negative thinking patterns. You can do this through yoga, meditation, journaling, breathing exercises, or walking in nature.
- **Take care of your physical health,** maintain a sleep schedule, drink water regularly, eat balanced meals, and practice light exercise.
- **Set aside time for enjoyable activities.** Spend time with family, play with your pets, read, practice your hobbies, garden, or spend time outside.

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- Call the **National Suicide Prevention Hotline 1-800-273-8255** if you or someone you know is having thoughts of suicide.
- **The National Alliance on Mental Illness**, has information and resources for individuals affected by COVID-19 at nami.org/covid-19-guide
- griefshare.org/findagroup can help find virtual grief support groups in your area.

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Agriculture

COVID-19 has created new and unique challenges that ranchers, farmers, and others in the agriculture industry now must face. If you or someone you know in the agriculture industry is struggling there are resources available.

Resources

- **KansasAgStress.org** offers support and services to those in the agriculture industry affected by COVID-19. Kansas Ag Stress has mental health resources and support to help you handle new or additional stress. Including practicing self care:
 - **Physical**- Sleep, stretching, walking, healthy food, rest.
 - **Emotional**-Stress management, emotional maturity, forgiveness, compassion, kindness.
 - **Social**-Boundaries, support systems, communication, time together, asking for help.
 - **Spiritual**-Time alone, mediation, prayer, connection, nature, journaling, sacred space.
 - **Personal**-Hobbies, knowing yourself, honoring your true self.
 - **Space**-Safety, healthy living environment, security, stability.
- **Coronavirus Food Assistance Program (CFAP)** can provide financial assistance to producers of agricultural commodities, visit **farmers.gov/cfap** to check eligibility and requirements.

Helplines

- **farmers.gov Regional Concern Hotline, 1-800-447-1985** is available for free 24/7 support.
- Call **SAMHSA's Disaster Distress Hotline, 1-800-985-5990** or text **TalkWithUs** to **66746**, to be paired with a trained crisis counselor. Para hispanohablantes, llamada **1-800-985-5990** y presione 2 o texto **Hablanos 66746**
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If you or someone you know is in danger, call 911, or contact emergency services immediately.