

**KANSAS: STRONGER TOGETHER**

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## **How to use the Online Media Toolkit**

The files in the Social Media Toolkit are to be used only for virtual outreach, and are not designed to be printed. These files can be uploaded/shared on social media platforms such as Facebook, Twitter, etc, or shared electronically via email or messaging system.

The purpose of these files is to share the information and resources available to Kansans. These files can be posted alone, or as supplemental information to your group or organization's message.

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

# 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.**



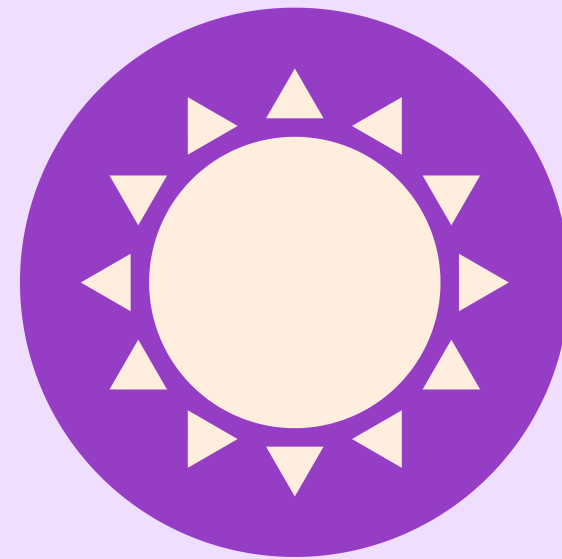
## Sleep

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.



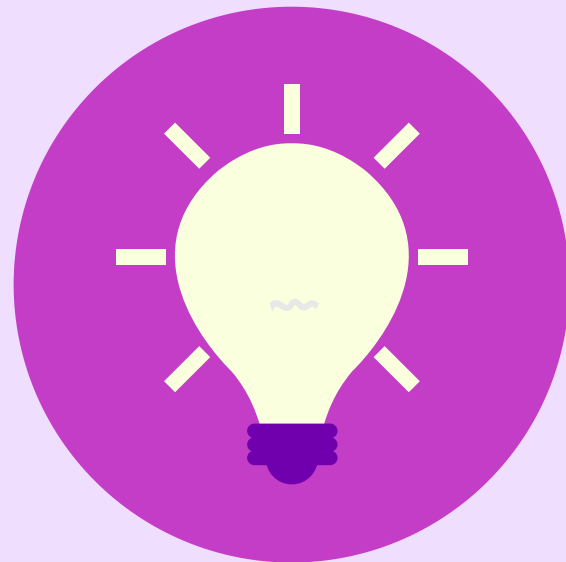
## Get Moving

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

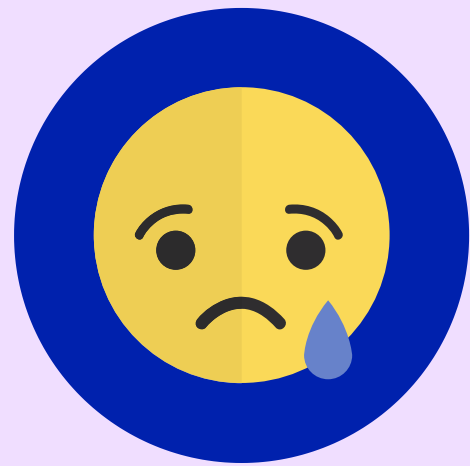
Put on some music while doing your daily tasks.



# 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.

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