STAY SAFE & INFORMED.
WE'LL GET THROUGH THIS TOGETHER.

Contact the Kansas Crisis Counseling Program for COVID-19 crisis assistance hotline anytime, at no cost at:
1-800-273-8255

For other related assistance contact:

**SAMHSA Disaster Distress Hotline**
SAMHSA’s Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to disasters. Call the Disaster Distress Helpline at: 1-800-985-5990. Spanish-speakers can call the hotline and press “2” for 24/7 bilingual support.

**Text the Disaster Distress Hotline**
To connect with a live DDH crisis counselor 24/7 via SMS, from the 50 states text “TalkWithUs” for English or “Hablanos” for Spanish to 66746. Spanish-speakers from Puerto Rico can text “Hablanos” to 1-787-339-2663.

**National Suicide Prevention Lifeline**
online chat:
https://suicidepreventionlifeline.org/ and click on the CHAT option.

Help is just a phone call, online chat, or text away.

Visit us online at ksstrongertogther.org or on FaceBook at: Kansas: Stronger Together