KANSAS: STRONGER TOGETHER

KANSAS RESOURCE GUIDE FOR COVID-19

A collaborative effort by state partners to provide information and resources to Kansas citizens.

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Resource Guide

With an overwhelming amount of information related to COVID-19 available in the news and on social media, it is important to stay informed using trusted and reliable sources. Sharing accurate and timely information and resources can alleviate stress and anxiety and reduce the spread of misinformation.

This resource guide is meant to share accurate information and resources for the physical, mental, and emotional well-being of Kansas citizens. It is a result of a collaborative effort between state agencies such as the Kansas Department for Aging and Disability Services, Kansas Department of Health and Environment, Kansas Department of Agriculture, and the Kansas Division of Emergency Management. This resource guide can be shared with state, local, or community partners to increase both knowledge and availability of resources and services during COVID-19.

If you have questions or feedback about the resource guide please email devan.n.tucking.nfg@mail.mil.
For general questions about COVID-19 call the KDHE Hotline at 1-866-534-3463, M-F 8:30am-5:30pm, Sat. 10am-2pm, Sun. 1pm-5pm.

COVID-19 Resources

- **Kansas Department of Health and Environment (KDHE)** established a hotline **1-866-534-3463**, to help answer general questions about COVID-19. Monday through Friday from 8:30AM to 5:30PM, Saturday from 10:00AM to 2:00PM, and Sunday from 1:00PM to 5:00PM. 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 **1-877-427-7317**.
    - COVID-19 Mental Health Resources
- **The Office of the Governor** has released the Kansas COVID-19 Response and Recovery website for COVID-19 information and resources.
- **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
- Other reliable informational sources about COVID-19 include:
    - The National Institute of Health
    - Coronavirus.gov is a collaborative effort between FEMA, CDC, and the White House to provide Coronavirus Disease updates, information, and resources.

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 and other mental health resources in Kansas.

- **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 "KPConnections" an online conversation for individuals to connect and find social support during COVID-19. 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)** offers support groups, warmline directory, and a NAMI Helpline. Mental health resources can be obtained by calling the NAMI Helpline at **1-800-950-6264** on weekdays 9:00am-5:00pm (CT). NAMI has also created a COVID-19 Resource and Information Guide.

Substance Use Resources

- Kansas Substance Use Treatment Referral Line can be used if you or someone you know is struggling with addiction, 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.
- **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. SAMHSA also has a **Treatment Referral Routing Service,** call **1-800-662-4357** for 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.
- **Problem Gambling Helpline** at **1-800-522-4700,** has assistance available 24/7.

Online support groups are also a great resource for information and mutual support.

- Alcoholics Anonymous
- Narcotics Anonymous
- Smart Recovery
- Sober Recovery
- Support Groups in Kansas

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 **1-877-995-5247** or chat online.
- **Kansas Crisis Hotline**, **1-888-363-2287**, provides confidential support 24/7 to victims of domestic violence, sexual assault and stalking.
- **Prevent Child Abuse America** is dedicated to helping children and families thrive. They offer a Resource Center that includes parenting tips and activity toolkits.
- **National Domestic Violence Hotline**, **1-800-799-7233**, has advocates available 24/7 to provide confidential support with anyone experiencing domestic violence, seeking resources, information, or questioning unhealthy aspects of their relationship. If you are unable to speak safely, you can log onto thehotline.org or text **LOVEIS** to **22522.**
- **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.
- **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 **1-800-656-HOPE** or chat online.

If you suspect a child is being abused or neglected or 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, **1-800-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)** supports continuity of operations for licensed child care facilities during COVID-19.
    - Notice for Child Care Operations Related to COVID-19
    - Frequency Asked Questions (FAQs) on Child Care and Foster Care During COVID-19
    - 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.
- **U.S. Department of Agriculture** has a search tool for finding meals for school aged children.
- **The Anxiety and Depression Association of America** created The Pandemic Parenting Guide. It has tips on how to improve you and your child or teen's emotional well-being during COVID-19.
- **PBS** has informational and helpful tips on how to have age-appropriate conversations with your children about COVID-19.

Household Resources

- **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.
- **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 **1-888-413-4327**. The most common searches include food assistance, utility assistance, rent assistance, health insurance, information/counseling, and homeless shelters.

Agriculture Resources

- **Kansas Ag Stress** 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.
- **Kansas Regional Concern Hotline, 1-800-447-1985** is available for free 24/7 support.
- **Coranavirus Food Assistance Program** (CFAP) can provide financial assistance to producers of agricultural commodities, visit **farmers.gov/cfap** to check eligibility and requirements.

Information 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.

Business & Legal Resources

- **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.

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A collaborative effort by:

Kansas Department for Aging and Disability Services

Kansas Department of Health and Environment

Division of Emergency Management, State of Kansas

Kansas Department of Agriculture