Self Check In
a family coloring page

Step one: How are you feeling?

anxious  optimistic  sad  cautious
confident  exhausted  frustrated  happy

Step two: Breathe

breathe in  breathe out

Step three: Ask for help

MOCSA Sexual Violence Crisis line KS: (913) 642-0233 or MO: (816) 531-0233
Johnson County Mental Health Center Crisis line: 913-268-0156
National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522
Mental Health America of the Heartland: 1-866-927-6327
National Suicide Prevention Lifeline: 1-800-273-8255
Childhelp National Child Abuse Hotline: 1-800-422-4453
United Way helpline for local resources: 211

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