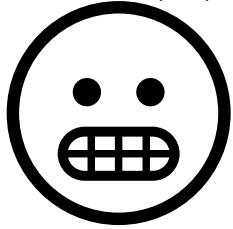


Self Check In

a family coloring page



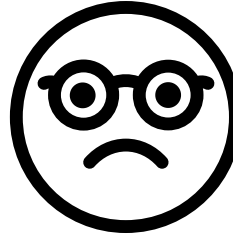
Step one: How are you feeling?



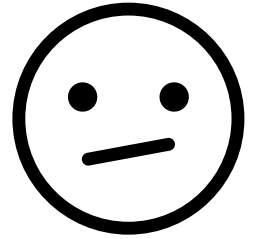
anxious



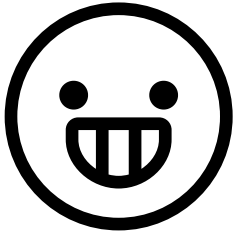
optimistic



sad



cautious



confident



exhausted

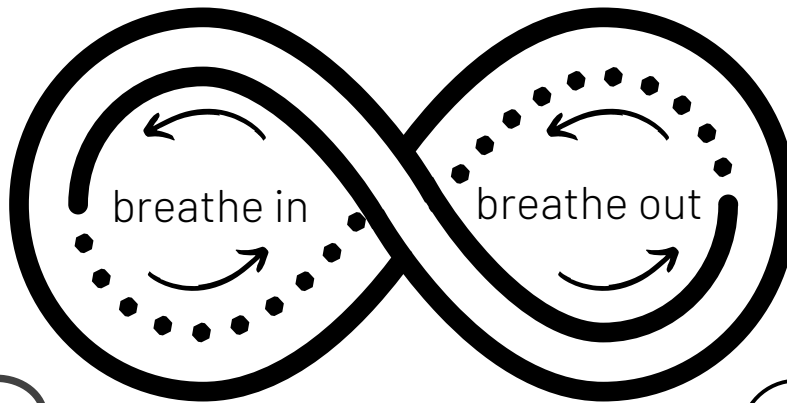


frustrated



happy

Step two: Breathe



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

MOCSA

Metropolitan Organization to Counter Sexual Assault

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