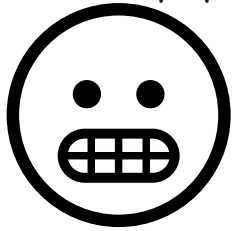


Self Check In

a family coloring page



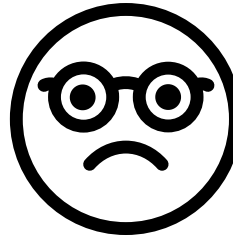
Step one: How are you feeling?



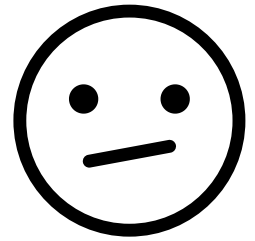
anxious



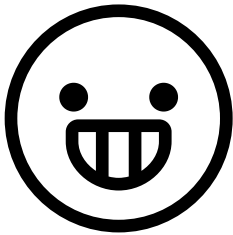
optimistic



sad



cautious



confident



exhausted

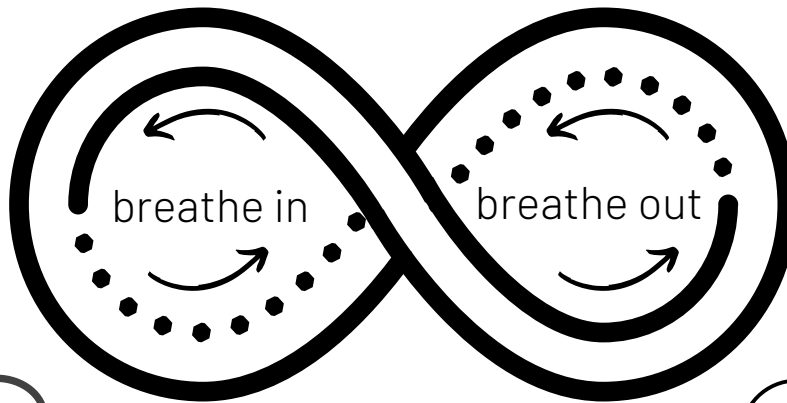


frustrated



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

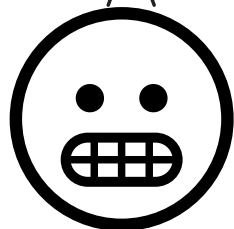
This publication was supported by the Cooperative Agreement 1NUF2 CE002495-01-00, from the Centers for Disease Control and Prevention (CDC) or Department of Health and Human Services and the Kansas Department of Health and Environment (KDHE). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC or KDHE.

Autoevaluación

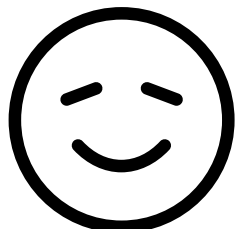
una página para colorear para la familia



Primer paso: ¿Cómo te sientes?



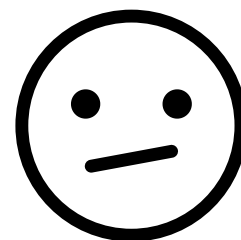
ansioso(a)



optimista



triste



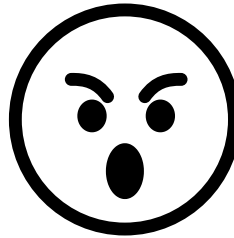
cauteloso(a)



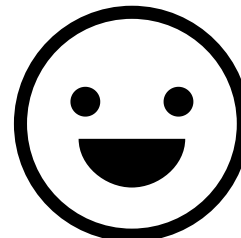
con confianza



agotado(a)

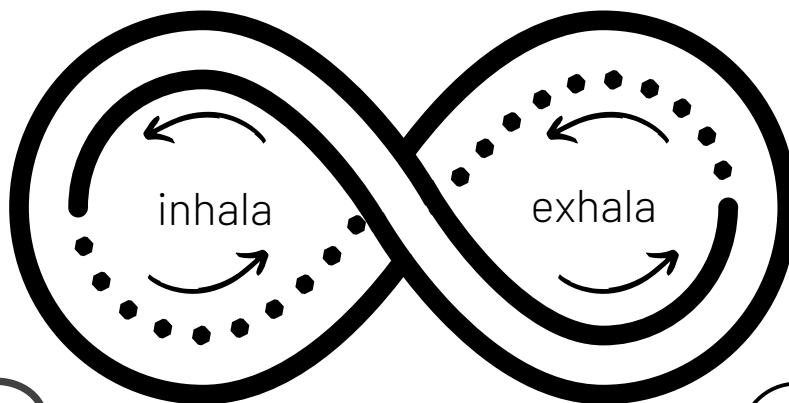


frustrado(a)



feliz

Segundo paso: Respire



Tercer paso: Pida ayuda



MOCSA-línea de crisis para la violencia sexual KS: (913) 642-0233 o MO: (816) 531-0233

Línea de crisis del Centro de Salud Mental del condado de Johnson: 913-268-0156

Línea nacional contra la violencia domestica: 1-800-799-7233 o envíe LOVEIS al 22522

Mental Health America of the Heartland: 1-866-927-6327

Red nacional de prevención del suicidio: 1-888-628-9454

Childhelp National Child Abuse Hotline: 1-800-422-4453

Línea de ayuda para recursos locales de United Way: 211

MOCSA

Metropolitan Organization to Counter Sexual Assault

Esta publicación es apoyada por el acuerdo cooperativo 1NUF2 CE002495-01-00, Centros para el Control y la Prevención de Enfermedades (CDC) o Departamento de Salud y Servicios Humanos y el Departamento de Salud y Medio Ambiente de Kansas (KDHE). Su contenido es responsabilidad exclusiva de los autores y no necesariamente representan los puntos de vista oficiales del CDC o el KDHE.