

Crisis Counseling Program

Have you been affected by COVID-19?

We're Here to Listen

Disaster Distress Hotline: 1-800-985-5990

Tri-County Mental Health: 816-468-0400

NORTHLANDERS!

Let us help you, your group or organization with anxiety, stress, depression and other symptoms related to the effects of COVID-19.

- Helping those dealing with COVID-19 understand their current situation and reactions
- Reducing stress and providing emotional support
- Assisting with recovery options
- Developing coping strategies
- Connecting residents with other people and agencies who can help in recovery

