

# Crisis Counseling Program

Have you been affected by COVID-19?

## We're Here to Listen

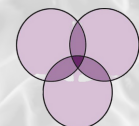
*Disaster Distress Hotline: 1-800-985-5990*

*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



TRI-COUNTY  
MENTAL HEALTH  
SERVICES, INC.

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