

RESOURCES FOR PARENTS

The COVID-19 Pandemic has impacted our community's feelings of safety and security, much as it has for the rest of the world. We at Mid-Buchanan understand that financial and health concerns are at the forefront of our minds, increasing the demand for resources in our community. First and foremost, the best resource that we have is each other. We are a strong community and in times of need we will support one another wholeheartedly. Please reach out to a friend, family, or even your MB School Counselor for support. We have provided some helpful links for you here!

National Association of Mental Illness COVID-19 Guide

Click the link above for more information about coping with COVID

MRS. AUBREE RAINES
JH/HS Counselor
Call or Text: 816-226-8478
araines@mbdragons.com

MRS. STACY CROSS
Elementary Counselor
Call or Text: 816-629-6058
scross@mbdragons.com

1. Buchanan County Health Department
 - a. 816-233-5188
 - b. Medical, Dental, Women's Health services
2. Temporary Assistance for Needy Families (TANF)
 - a. <https://mydss.mo.gov/temporary-assistance>
 - b. Provides cash benefit to low-income families for the household's children including clothing, utilities and other services
3. Northwest Health Services
 - a. <https://www.nwhealth-services.org/>
 - b. Medical, Dental, Behavioral Health
4. National Suicide Prevention Lifeline
 - a. (800) 273-TALK (8255)
 - b. 24/7 - Speak to a trained crisis counselor
5. The Trevor Project Resources (LGBTQ+)
 - a. Call (866) 488-7386
 - b. Instant Message a counselor on their website
 - c. text "START" to 678678 24/7
6. National Domestic Violence Hotline
 - a. 1-800-799-7233
 - b. Text LOVEIS to 22522
 - c. Providing advocacy, safety planning, resources and support
7. Disaster Distress Helpline (SAMHSA)
 - a. 1-800-985-5990
 - b. Text TalkWithUs to 66746
8. Crisis Text Line
 - a. Text HOME to 741741
 - b. <https://www.crisistextline.org/>
 - c. Speak to a crisis counselor 24/7
9. Second Harvest Community Foodbank
 - a. 816-364-3663
 - b. <https://www.shcfb.org/what-we-do/covid-19-update.html>

Mental Health Hotlines, Textlines, Chat and Websites

Call or text your school counselors:

Elementary-Mrs. Cross: (816) 629-6058;

Scross@midbuchanan.k12.mo.us

JH/HS-Mrs. Raines: (816) 226-8478;

Araines@midbuchanan.k12.mo.us

Call, text or email about anything that may be overwhelming you. Your counselors will respond to you as soon as possible.

Teen & Youth Help Hotline: Toll-Free (800) TLC-TEEN (852-8336), Text “TEEN” to 839863, download the free Teen talk app or visit the Teen Line message board at teenlineonline.org

The Teen & Youth Help Hotline is answered by peer counselors. The texters/messagers get support for whatever they are dealing with from a trained teen. Teen counselors are available from 6pm-10pm PST via text and the Teen Talk app at this time. If a call is made to the toll-free number, it will be directed to the Didi Hirsch's Suicide Prevention Center. The Teen Line message board can also be visited to read through other teens' discussions on various topics.

**KUTO (Kids Under Twenty One) Crisis Helpline: Toll-free 1-888-644-5886
Open everyday after 4p.m. CST ~Staffed by trained youth volunteers.**

The KUTO Crisis Helpline is a confidential telephone hotline available to any youth who may be in need of assistance, referral information or crisis services. The KUTO Helpline is one of a handful of hotlines staffed exclusively by youth volunteers.

**Suicide Prevention Lifeline: 800-273-TALK (8255) or chat online
<https://suicidepreventionlifeline.org/>**

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Crisis Text Line: Text HOME to 741741 from anywhere in the United States, anytime, about any type of crisis.

Text from anywhere in the USA to text with a trained Crisis Counselor.

Every texter is connected with a Crisis Counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. All of Crisis Text Line's Crisis Counselors are volunteers, donating their time to helping people in crisis.

Youth Friendly: Adult Staffed Hotlines

- **Covenant House Nineline 1.800.999.9999**
- **National Suicide Prevention Lifeline 1.800.273.TALK (8255)**
- **Drug Abuse Hotline 1.800.888.9383**
- **National Domestic Violence Hotline 1.800.799.SAFE (7233)**
- **National Drug Hotline 1.800.662.HELP (4357)**
- **National Runaway Safeline 1.800.RUNAWAY (786-2929)**