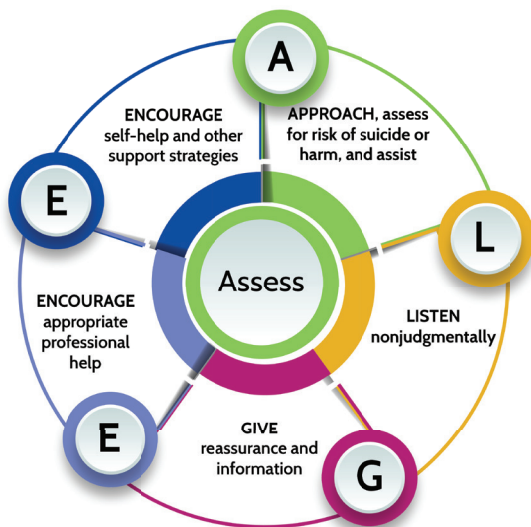




MENTAL
HEALTH
FIRST AID®

MHFA ACTION PLAN



The Bert Nash Center has been doing Mental Health First Aid since 2008! To find out more about the Center and sign up for a Mental Health First Aid class, please visit our website:

BertNash.org

LOCAL RESOURCES FOR HELP

Mental Health Crisis Line 988

Bert Nash Center (785)843-9192 | 200 Maine Street, Lawrence, KS

Crisis Text Line Text "HELLO" to 741741

DCCCA (Drug & Alcohol Use Disorders) (785)841-4138

Eating Disorder Hotline (888)375-7767

Haskell Health Center Behavioral Health (785) 832-4860

Heartland RADAC (913)789-0591

Kansas Suicide Prevention HQ (785)841-2345

KU Child & Family Services Clinic (785)864-4416

KU Counseling & Psychological Services (785)864-2277

Línea de Vida Nacional para la Prevención del Suicidio (888)628-9454

LMH Emergency Room (785)505-5000

Maternal Mental Health Hotline (833)943-5746

National Suicide Prevention Lifeline (800)273-8255

The Trevor Project (LGBTQ) (866)488-7386 or Text START to 678678

Sexual Trauma and Abuse Care Center (785)843-8985 (24-hour hotline)

Veterans Crisis Line (800)273-8255 Press "1" to talk to someone
or Text 838255 to connect with a VA responder

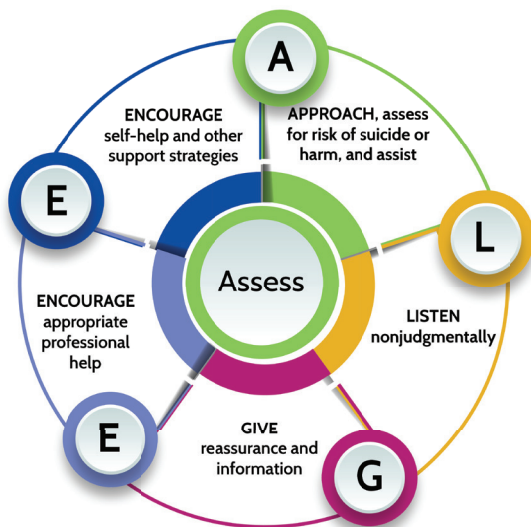
Willow Domestic Violence Center 785-843-3333 (24-hour hotline)





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MENTAL HEALTH RESOURCES

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National Suicide Prevention Lifeline
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Crisis Text Line
Text HELLO to 741741

Domestic Violence National Hotline
(800)799-7233 or text START to 88788

Eating Disorder Hotline
(888)375-7767

Línea de Vida Nacional para la Prevención del Suicidio
(888)628-9454

Maternal Mental Health Hotline
(833)943-5746

RAINN (sexual violence)
(800)656-4673

The Trevor Project (LGBTQ)
Call (866)488-7386 or Text START to 678678

Veterans Crisis Line
(800)273-8255 Press "1" to talk to someone
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