

**Mental Health and Wellness Resources
Quick Reference Guide**

Mental Health 24 hours Crisis Line **(913) 268-0156**

Mental Health Moments weekly email which has a current distribution of more than 3,500 county residents.
<https://connect.jocogov.org/mental-health-moments>

Just Checking In: This article shares helpful conversation starters when checking in with someone about their mental health. <https://idontmind.com/journal/just-checking-in-ten-minutes-ten-questions>

JCMHC Community Toolbox

These free grab-n-go curriculums are perfect for school professionals and community organizations regarding self-care, stressing the importance of taking care of your own mental wellbeing. These toolkits provide an interactive lesson on what self-care is, why it is important and strategies for applying self-care to your everyday life. Lessons include a video presentation, PowerPoint slides and supplemental handouts.
<https://www.jocogov.org/dept/mental-health/education-outreach/jcmhc-community-toolbox>

Pause First with Kim Colegrove

Kim's husband, David, dedicated 30-years of his life to law enforcement. Then, less than three months after retiring, David took his own life. This devastating loss led Kim on a journey of discovery of how long-term and chronic exposure to trauma impacts first responders, and she felt compelled to do something to help. Ultimately, she transformed her pain by activating her grief. She told David's story, wrote a book, and created an organization focused on first responder resilience and wellbeing. Pause First Academy is dedicated to helping frontline workers through resilience training, with a focus on holistic wellness, and work-life balance.
<https://pausefirst.com/freeresources/>

Elevate for Educators

In partnership with EVERFI, Johnson County Mental Health Center is providing health & wellness education to educators across Johnson County. The Johnson County Educator Wellness Center is a self-guided, digital mental wellness resource designed to provide educators with on-demand content related to your unique mental health needs. You'll find a variety of topics, including Managing Mental Health Challenges, supporting a Friend or Loved One, and Strategies for Stress Management. <https://jc-mental-health.everfi-next.net/>

The Johnson County Suicide Prevention Coalition launched a new website. This is a community coalition with nearly 500 members, representing dozens of organizations in the community. This group supports a plethora of suicide prevention initiatives. <https://suicideprevention.jocogov.org/>

Mental Health First Aid is an 8-hour interactive course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. Participants are introduced to risk factors and warning signs of mental health problems, gain an understanding of their impact, and explore common interventions and treatments. For more information or to register, contact Prevention Services at JCMHCevents@jocogov.org or 913-715-7880

QPR Suicide Prevention Training is a 1.5-hour training focused on three steps anyone can learn to help prevent suicide. For more information or to register, contact Prevention Services at JCMHCevents@jocogov.org or 913-715-7880.