



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

ACTION PLAN

- A** **APPROACH, ASSESS** for risk of suicide or harm.
- L** **LISTEN** nonjudgementally.
- G** **GIVE** reassurance and information.
- E** **ENCOURAGE** appropriate professional help.
- E** **ENCOURAGE** self-help and other support strategies.

Since 2008, the Bert Nash Center has been providing Mental Health First Aid training for community members and professionals across the country. To find out more about the Center and sign up for a Mental Health First Aid Class, please visit our website:

BertNash.org/MHFA



RESPONDING TO NEEDS RESTORING LIVES
BUILDING A HEALTHY COMMUNITY

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Mental Health Crisis Line

CALL OR TEXT **988**

LOCAL RESOURCES FOR HELP

Bert Nash Center

785-843-9192 | 200 Maine Street, Lawrence, KS
bertnash.org

Bert Nash Mobile Response Team (MRT)

785-841-2345 or 988 | 8 am – 2 am | 7 days a week

Treatment & Recovery Center of Douglas County

1000 W. 2nd Street, Lawrence, KS | trcdgks.org
Walk in anytime 24/7/365

DCCCA

(Substance Use Disorders) 785-841-4138

Eating Disorder Hotline

888-375-7767

Haskell Health Center Behavioral Health

785-832-4860

Heartland RADAC

800-281-0029

HeadQuarters Kansas/Douglas County Crisis Line

785-841-2345

KU Child & Family Services Clinic

785-864-4416

KU Counseling & Psychological Services Clinic

785-864-2277

Linea de Vida Nacional para la Prevencion del Suicidio

988

LMH Emergency Room

785-505-5000

Maternal Mental Health Hotline

833-943-5746

The Trevor Project (LGBTQIA+)

866-488-7386 or Text START to 678678

Sexual Trauma & Abuse Care Center

785-843-8985 (24-hour hotline)

Trans Lifeline

877-565-8860

Veterans Crisis Line

988, then Press 1 to talk to someone

Text 838255 to connect with a VA responder

Willow Domestic Violence Center

785-843-3333 (24-hour hotline)

YouthLine

877-968-8491 or Text teen2teen to 839863