



## Feeling anxious and scared about COVID-19? Compassionate Ear Warmline is there to listen.



The fallout from coronavirus is far more than just physical. It's more than just keeping your hands washed and wearing a face mask.

Fear, lonliness, depression, and even panic attacks are just a few things we all deal with now regularly because of COVID-19, and creating a second major public health crisis alongside the pandemic.

So, now more than ever, it's important to **make a self check on your mental health** as part of your daily routine. And, when you're faced with emotional upheavals, feel overwhelmed or just need to make a connection, **reach out to Compassionate Ear Warmline.**

Sponsored free-of-charge by Mental Health America of the Heartland, the Compassionate Ear Warmline is staffed by trained operators. Through their own lived experiences, Warmline operators are able to offer a unique mental health perspective assisting adults throughout our local communities connecting them to ongoing resources in our area so it doesn't all seem so overwhelming.

You can reach the Compassionate Ear Warmline **by calling 913.281.2251 or 1.866.927.6327.** The call lines are open between 4:00 pm to 10:00 pm daily.

Finding a way to cope with stress in a healthy way will make you, the people you care about, and your community stronger. **Don't walk through this alone. We're in this together.**