



<http://www.r2hs.com>

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&
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<u>NORTH PLATTE</u>	<u>(308) 534-6029</u>
<u>MCCOOK</u>	<u>(308) 345-2770</u>
<u>LEXINGTON</u>	<u>(308) 324-6754</u>
<u>OGALLALA</u>	<u>(308) 284-6767</u>

We all have our struggles. Finding ways to focus on your emotional health is important. Support for managing depression, anxiety, stress, sleep and much more. Track your mood, set goals and notice changes over time. Join a community that can help inspire you to stay on track. **They have now created a new track specific to COVID19.**

It is safe and secure. THIS APP IS FREE.

<https://www.r2hs.com/mystrength.html>

or

<https://mystrength.com/signup/R2HS?pc=R2HScommunity>





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<https://www.cdc.gov/>



DHHS COVID-19 Hotline Number: **1-402-552-6645**



Tips For Social Distancing, Quarantine, And Isolation
During An Infectious Disease Outbreak

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>



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American Foundation for Suicide Prevention

<https://afsp.org/mental-health-and-covid-19>

<https://psychhub.com/covid-19/>

We are in this together, and help is always available. If you're feeling alone and struggling, you can also reach out to The Crisis Text Line by texting TALK to 741741 or National Suicide Prevention Lifeline at **1-800-273-TALK**

Suicide Warning Signs

- TALK**
 - Being a burden to others
 - Experiencing unbearable pain
 - Killing themselves
 - Feeling trapped
 - Having no reason to live
- BEHAVIOR**
 - Increased use of alcohol or drugs
 - Withdrawing from activities
 - Giving away prized possessions
 - Isolating from friends & family
 - Looking for a way to kill themselves, such as searching online for materials or means
 - Sleeping too little or too much
 - Visiting or calling people to say goodbye
 - Acting recklessly
 - Aggression
- MOOD**
 - Depression
 - Loss of interest
 - Irritability
 - Anxiety
 - Humiliation
 - Rage

afsp.org/signs

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RESOURCES FOR FAMILIES:



ZERO TO THREE
Early connections last a lifetime

[Zero to Three tips for talking about coronavirus](https://www.zerotothree.org/resources/3210-tips-for-families-talking-about-the-coronavirus)

<https://www.zerotothree.org/resources/3210-tips-for-families-talking-about-the-coronavirus>

Center for the Study of Traumatic Stress

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Homebound_Children_during_COVID19_Outbreak.pdf

<https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response>

CSTS



Uniformed
Services
University



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Nebraska Children
AND FAMILIES FOUNDATION

Multiple Resources Page!!!

<https://www.nebraskachildren.org/covid-19-information-and-resources.html>



Substance Abuse & Covid -19

<https://drugfree.org/learn/drug-and-alcohol-news/covid-19-could-be-especially-serious-threat-to-those-who-smoke-or-vape/>

<https://drugfree.org/parent-blog/covid-19-we-are-here-for-you/>