



For KC Area Behavioral  
Health Support Centers  
JacksonCountyCares.org

Missouri Crisis Line  
1-888-279-8188

For more info about identifying mental  
health symptoms visit:

[screening.mhanational.org/screening-tools](https://screening.mhanational.org/screening-tools)

Developed with expert counsel &  
adaptions from:

mentalhealthkc.org, health.com, www.helpguide.org,  
verywellmind.com, nursingtimes.net, healthline.com,  
blackmentalwellness.com, healthyplace.com,  
mindful.org

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## Mental+Health



### QUICK TIPS COPING WITH ANXIETY DEPRESSION ANGER

COVID-19 added stress from  
loss of income to loss of life. Let's  
change the course & provide  
resources to help the community WIN!

letsWINkc.com In crisis call  
**988**

Not a substitute for professional care or diagnosis.

## ANXIETY can feel like:

Feeling on edge Nervous  
"What will they think?" Sweating  
Fear Trouble concentrating  
Heart racing Panic Worry

### You have POWER over anxiety:

1. **S.T.O.P** a mindfulness practice
  - Stop or pause.
  - Take in a few deep breaths.
  - Observe the body, thoughts, feelings.
  - Proceed with more awareness of your goals & feelings.



"It's OK to not be OK"

## ANXIETY

Coping tips continued



2. Acknowledge the feeling. "I  
feel scared. I feel worried."

3. Ask for help with your next  
task. Life seems less scary with  
someone by your side.

4. Find professional support.  
Area centers or a source for  
therapists: ColorCollectiveKC.org

5. Something fun? Call:  
**1-707-873-7862** to hear a pep  
talk from Kindergarteners.



"It's OK to not be OK"



## ANGER

**4** Steps  
to  
handle your  
ANGER

### 1. BREATHE

Breathe In



Great exercise to help with anxiety too.

### 2. MOVE

Away from the source of anger to  
another activity or distraction.

### 3. SPEAK

Out loud to yourself



### 4. THINK

There is NO argument  
worth ruining your future.

## DEPRESSION

can make you feel:

Hopeless Sad Miserable



Some Steps to Cope:

1. Know that everyone has  
struggles that can lead to  
depression, anxiety & anger.
2. Serve those who need a  
helping hand.
3. Improve your diet & drink  
plenty of water.
4. Strive for 7-9hrs of daily sleep
5. Exercise.
6. Play inspirational music.
8. Prayer and mindfulness  
meditation may help.



Find professional support.

## Having SUICIDAL THOUGHTS?



### KEEP LIVING

This current feeling is only  
**temporary**. Better days are ahead.

### FREE 24/7 Live Support

1. Call the crisis line: **988**
2. Text **HOME** to **741741**

The struggle is real, but every day  
is a new chance for you to create,  
build, contribute, serve, love and  
be loved.



"It's OK to not be OK"