

BVSD & Local Mental Health Resources

Mindful by BlueKC

Call 1-800-302-MIND (6463) & select prompt 1, or call the behavioral health number on your ID card

<https://www.mindfulbluekc.com/>

A Mindful Advocate can help BlueKC members access tools including in-person, text, online therapy, and virtual visit options specific to the member's behavioral healthcare needs. All you have to do is reach out 24/7 to start receiving your 3 free sessions.

Spira Care subscribers will need to call 844-964-6338 for directions.

The Standard EAP

Call 888-293-6948 (TTY Services: 711)

healthadvocate.com/standard3

You can receive confidential, short-term counseling from Licensed Professional Counselors for a full range of personal issues and achieving a healthy work/life balance across the life span. In a crisis, emergency help is available 24/7. Receive 3 free session to help you with stress, anxiety, depression, relationship issues, substance abuse, grief, life transitions and referrals for additional treatment as needed. This service is available to all benefits eligible BVSD staff.

Johnson County Mental Health Center

Call 913-268-0156

<https://www.jocogov.org/department/mental-health/our-services/mental-health-services/adult-services>

JCMHC case managers can directly assist people to access helpful community resources, teach daily living skills in each person's living/working environment, as well as observe and assist people in learning coping skills and skills and social skills needed to develop healthy relationships within their communities. Adult services may also include counseling, support services, and crisis recovery center. *The crisis line is available 24/7.*

Finding a Behavioral Health Provider

The National Council for Behavioral Health

<https://www.thenationalcouncil.org/providers/?region=>

Search for organizations that are committed to providing mental health services to anyone in the community who needs it regardless of their ability to pay.

Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/find-help> SAMHSA provides information on mental health services and treatment centers through an online service locator. You can search by your locations, whether or not they provide services for youth, payment options (pvt. insurance, cash, something else), languages spoken, etc.

Mental Health Resources

If you or someone you care about feels overwhelmed with emotions like sadness, depression or anxiety, or like you want to harm yourself or others call 988, 911, or one of the crisis resources below.

National Crisis Resources

National Suicide Prevention Lifeline

988 or 1-800-273-TALK (1-800-273-8255)

<https://988lifeline.org/?scrlybrkr=c55e79cf>

This is a crisis hotline that can help with many issues, not just suicide. For example, anyone who feels sad, hopeless, or suicidal; family and friends who are concerned about a loved one; or anyone interested in mental health treatment referrals can call the Lifeline. Callers are connected with a professional nearby who will talk with them about what they are feeling or concerns for other family and friends. Call 24 hours/day, 7 days/week.

Crisis Text Line

Text "MHFA" to 741741

<https://www.crisistextline.org/>

Available 24/7, 365 days a year, this organization helps people with mental health challenges by connecting callers with trained crisis volunteers who will provide confidential advice, support, and referrals if needed.

The Trevor Project

Call 866-488-7386 or Text "START" to 678678

<https://www.thetrevorproject.org>

Trained counselors available 24/7 to support youth who are in crisis, feeling suicidal, or in need of a safe and judgment free place to talk. Specializing in supporting the LGBTQI+ community.

Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Helpline

Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.