



Toolkit for Social and Emotional Health during COVID-19

Please use links below as a resource for supporting mental health both socially and emotionally during the COVID-19 Pandemic.

<https://homestatehealth.auntbertha.com/>

Use this link to find resources for food, health, utility assistance, housing, and more.

<https://findtreatment.samhsa.gov/>

To find a treatment facility for substance use or behavioral health.

National Helpline (800) 662-HELP (4357)

A free, confidential help line open 24 hours a day, 7 days a week for anyone facing mental health issues or substance use disorders. Call this line for immediate help.

Suicide prevention lifeline: (800) 273-TALK (8255)

Call if you are having suicidal thoughts and need assistance.

Missouri Department of Mental Health

<https://dmh.mo.gov/>

Check out this site for many resources for behavioral health.

<https://dmh.mo.gov/mental-illness/help/community-mental-health-centers>

Find a community mental health center.

<https://www.stopbullying.gov>

For assistance with talking to your kids about bullying.

Additional resources

www.essential4kids.org/

Missouri KidsFirst to prevent child abuse.

<https://casel.org/resources/>

Resources for social and emotional learning tools.

<http://www.schoolnurselink.com/>

School Nurse Link: Use Connect to a Health Plan to connect directly to Home State Health.

<https://www.childlife.org/resources/covid-19-resources>

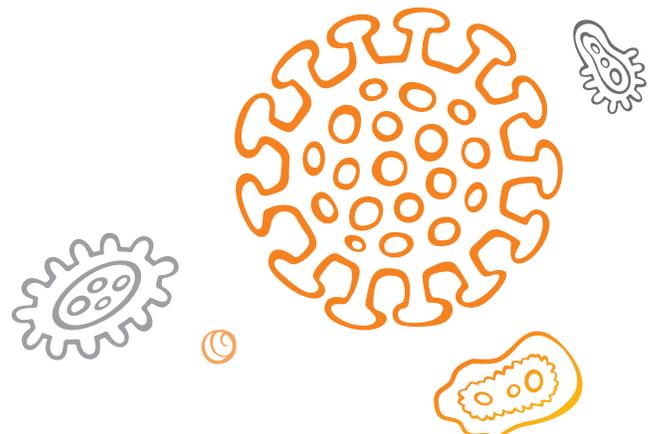
Association of Child Life Professionals COVID resources for kids, parents, and professionals.

<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

Explore Child Trends for resources to support the emotional wellbeing of kids during the pandemic.

<https://www.cscbroward.org/free-online-education-resources>

Free online resources to educate and entertain kids at home.



If you, or someone you're helping, has questions about Home State Health, you have the right to get help and information in your language at no cost. American Sign Language interpreter services are available as well. To talk to an interpreter, call 1-855-694-4663 (TTY/TDD 1-877-250-6113). • Si usted, o alguien a quien está ayudando, tiene preguntas acerca de Home State Health, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-855-694-4663 (TTY/TDD 1-877-250-6113).

如果您，或是您正在協助的對象，有關於 Home State Health 方面的問題，您有權利免費以您的母語得到幫助和訊息。還提供美國手語口譯服務。如果要與一位翻譯員講話，請撥電話 1-855-694-4663 (TTY/TDD 1-877-250-6113)。

Home State Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Home State Health cumple con las leyes Federales de derechos civiles correspondientes y no discrimina con base en la raza, el color, la nacionalidad, la edad, la discapacidad o el sexo.

Home State Health 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。