

## COVID-19 Mental Health Resources

The Brookfield R-3 counseling staff has collected a series of resources to support you and your students during this time of uncertainty. For those of you who are currently working with a mental health support person, please continue to keep in touch with those professionals.

COVID-19 Hotline: 1-417-761-5000

[Centers for Disease Control COVID-19 Resources](#)

[Department of Mental Health COVID-19 Resources](#)

[National Alliance on Mental Illness COVID-19 Resources](#)

[Mental Health America COVID-19 Information and Resources](#)

[North Central Missouri Mental Health](#): Brookfield office (660)258-7810  
crisis hotline 1-888-279-8188

[National Suicide Prevention Hotline](#): 1-800-273-8255

[Stop, Think, Breathe](#): a website to assist in relaxation and dealing with stress, app available as well for free

[Brainpop: Information for Elementary Students](#): a resource containing fun activities that also explores the facts about the COVID-19 virus

In addition to these resources, our school social worker Amy Harmon is continuing to offer counseling services online through email or video chat. Any student K-12 that currently has ongoing services with Ms. Harmon will be able to continue services while school is not in session. To access these services, students or parents can email Amy at [aharmon@brookfieldr3.org](mailto:aharmon@brookfieldr3.org).