

# Thank You!

The Kansas Trauma Program and Kansas EMS for Children Program want to extend our sincerest gratitude to you for all that have done this year. 2020 has presented challenge after challenge, yet each time you rise to the occasion. As the holidays approach we want to wish you a warm winter, and we hope that you find time to be with yourself and those you hold dear.

You Are Appreciated!

## Resources for Your Wellness~ Because You Matter!

- [Frontline Helpline](#): Confidential calls with another first responder at 1-866-676-7500
- [Code Green Campaign](#): Calling a code alert on the mental health of first responders
- [National Alliance on Mental Illness Kansas](#): Find help, find hope
- [American Foundation for Suicide Prevention](#): You're Not Alone! Call 800-273-8255 or text TALK to 741741
- [Substance Abuse and Mental Health Services Administration](#): Reducing the impact of substance abuse and mental illness in America's communities