



Association of Community Mental Health Centers of Kansas, Inc.

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As Healthcare Providers Bear the Burden of the Ongoing Pandemic, Community Mental Health Centers Are Here to Help

Topeka—Community Mental Health Centers (CMHCs) are encouraging Kansans feeling the stress of the COVID-19 pandemic to connect with their local mental health center.

As the Covid-19 pandemic persists, the burden on first responders, healthcare providers, public health officials, and other caregivers is great. As they continue to work tirelessly conducting disease surveillance and caring for the sick and suffering, they may be experiencing increased stress, burnout, fatigue, and secondary trauma. As such, it is important that they have access to care as well.

“During times of crisis, the demand and need for services due to increased rates of anxiety, depression, and social isolation grows,” said Kyle Kessler, Executive Director of the Association of Community Mental Health Centers of Kansas.

Randy Callstrom, CEO of Wyandot Behavioral Health Network and President of the Association added, “There is a high level of stress associated with this pandemic. As healthcare providers and caregivers, we need to make sure we are maintaining our own health as well as that of our patients. It is important to ensure we practice self-care, find ways to stay connected, and reach out when we need assistance.”

CMHCs provide a wide array of community-based services, including prevention services, such as depression and anxiety screening and stress management, as well as therapy and treatment. CMHCs provide services within the community and offer options such as telehealth to best

meet the needs of individuals seeking support. If you or someone you know is in need of services or treatment, please contact your local community mental health center.

According to Kessler, “CMHCs in Kansas do an extraordinary job of providing mental and behavioral health services. Now, more than ever, they stand ready to support our healthcare partners in need.”

CMHCS provide behavioral health services in all 105 counties, 24-hours a day, seven days a week. They are the local Mental Health Authorities coordinating the delivery of publicly funded community-based mental health services and are required to provide services to all Kansans needing them, regardless of their ability to pay. This makes the community mental health system the safety net for Kansans with behavioral health needs.

To find your local CMHC, visit [CMHC Map](#). A directory of Kansas CMHCs with contact information is located at <http://www.acmhck.org/about-us/cmhc-directory/>.

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