

COUNSELING SERVICES AVAILABLE WITH FAMILY CENTER FOR HEALTH CARE - CALL 620-397-3333

*WE ARE
HERE FOR
YOU*

COUNSELING SERVICES AVAILABLE VIA TELEHEALTH

"We know that during this time, things can be difficult to deal with. We all need someone to talk to every once & awhile. In fact, we may need some help as we navigate these uncharted waters in our everyday lives and our work lives, while trying to cope with this Pandemic.

I want you to know that I am here for you. There has been a myriad of emotions, grief, anxiety, and depression related to the changes in everyday life. I am here through telehealth providing mental health help. This means you can remain in your environment and speak with me."

- Amanda Sowers

If you would like to make an appointment with Amanda Sowers, LCSW LAC, please call (620) 397-3333. KNOW THAT WE ARE HERE FOR YOU.



Coping Skills

Examples:

- > Going for a walk
- > Deep breaths
- > Hot showers
- > Turning off all electronics
- > Journaling
- > Drawing or playing games

Normal Emotions during & after a Pandemic:

- > Fear
- > Anxiety
- > Grief
- > Depression

