

For more information on the services we provide, please visit www.crawfordmentalhealth.org or call 620-231-5130

24-Hour Services:
If you, or a family member are experiencing a mental health crisis please call 620-232-SAVE (7283) or 988.

About Us

Crawford County Mental Health Center offers mental health and substance use disorder treatment programs to serve adults, children, and families regardless of their ability to pay.

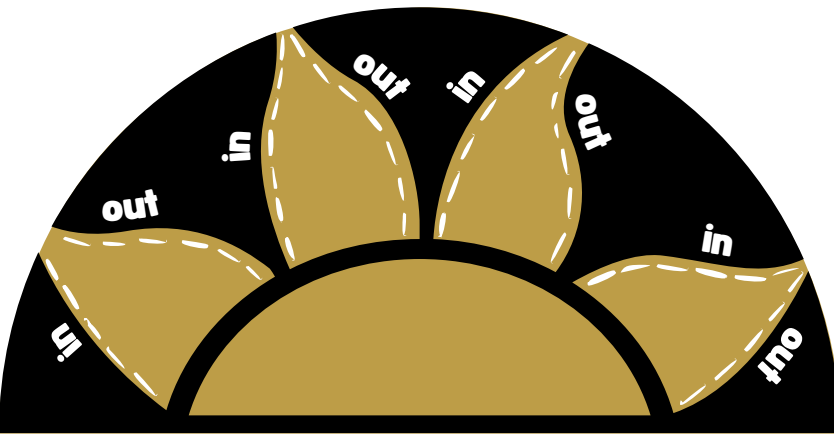
Children's Services Hours

Monday – Thursday: 8:00 a.m. – 7:00 p.m.
Friday: 8:00 a.m. – 3:00 p.m.

411 E. Madison
Pittsburg, KS 66762
620-232-3228
www.crawfordmentalhealth.org



Emotions Check-In



Cool Down Mindful Breathing:

Trace your finger along the rays of the sun, breathing in on the way up and breathing out on the way down.

Pick a coping skill:

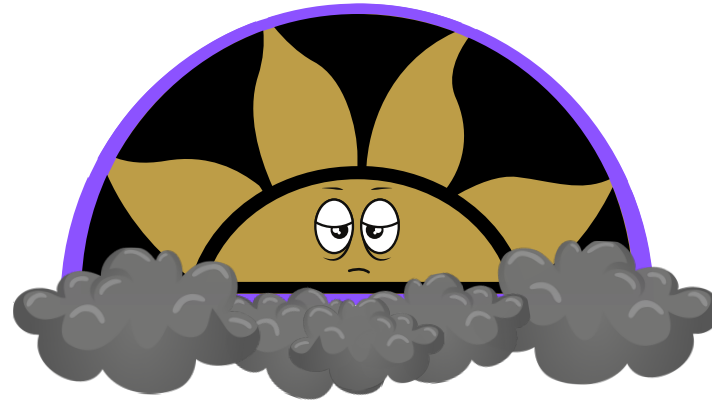
- Fidget toy
- Journaling
- Listening to music
- Run, walk, or jog
- Positive affirmation
- Gratitude list
- Five senses grounding activity
- Count to 100
- Drawing
- Ask for help
- Hug or squeeze a pillow or stuffed animal



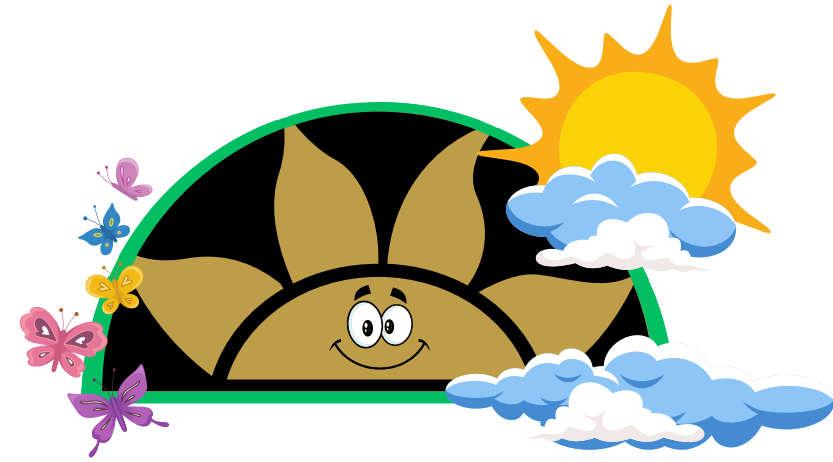
Emotions Check-In



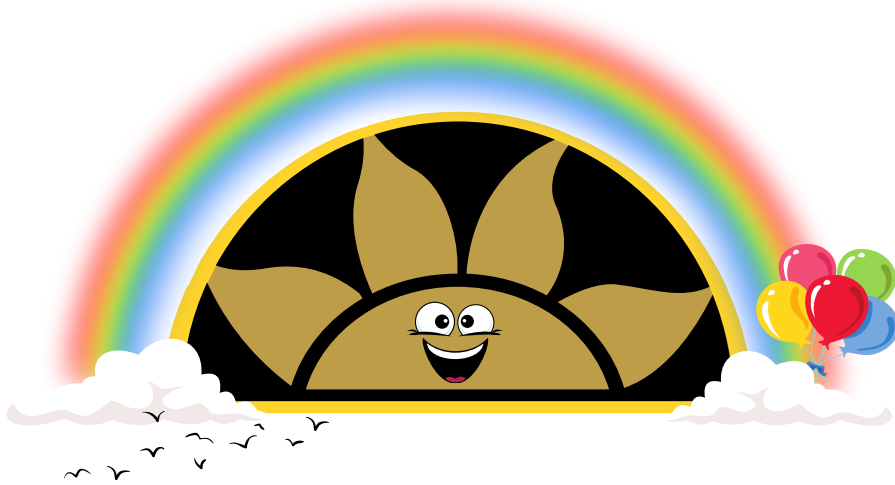
Low Sad Tired



Lonely Pessimistic Bored



Calm Content Relaxed



Energized Playful Joyful



Worried Frustrated Tense



Enraged Angry Furious