

## **Community Resources:**

COMCARE Community Crisis Center

316-660-7500

COMCARE Youth Services

316-660-9605

Kansas Children's Service League

316-686-6671 x7206

Parenting Resources

1-800-Children

[www.1800childrenks.org](http://www.1800childrenks.org)

Kansas Suicide Prevention Resource Center

[www.kansasuicideprevention.org](http://www.kansasuicideprevention.org)

Local Mental Health Provider Locator

[www.psychologytoday.com](http://www.psychologytoday.com)

## **Inpatient/Outpatient psychiatric care:**

Camber Children's Mental Health

316-221-7310

[www.camermentalhealth.org](http://www.camermentalhealth.org)

Sandy Lysie/Lunsie

½ day Program at Via Christi Behavioral Health

858-0279

858-0218

Dr. Mercedes Perales

316.634.4700

9333 E. 21st St N

Prairie view clinician supervisor

Psychiatrist

## **Psychoeducational Evaluation Provider:**

Dr. Brian Stone

(316) 684-7323

Fundamental Learning Center

## **Psychoeducational Evaluation Provider**

### **AND Community Therapist:**

Christina Marvin

Sunflower State Psychology

316- 364-4153

8100 E. 22<sup>nd</sup> St. N.

Building 1500 Ste. D.

Wichita, KS 67226

Dr. Scott Stegman

Learning difference testing

Real Life Counseling

8911 E. Orme St, Suite D.

Wichita KS 67207

P: 316.425.7774

Rebecca L Jabara LLC

6122 E Shadybrook

Suite 1

Wichita, Kansas 67208

(316) 444-4992

Dr. James Vincent

7807 E Funston 6606

Wichita KS 67207

P: 316.636.1188

6606 W Central Ave

Wichita, KS 67212

P: 316.221.2661

Sarah Coleman PsyD, LP

Hope Point Therapy Group

8650 East 32nd St. N

Wichita, KS 67226

Dr. Paul White

111 S. Whittier St. #5300

Wichita KS 67207

P:316.681.4427

Janelle Tidemann PhD LCP

Doctorate of Psychology

Post Doctorate in Clinical Neuropsychology

Licensed Clinical Psychotherapist

Psychoeducational Evaluations

2220 E 21<sup>st</sup> St

Wichita KS 67214

316.684.7323

## **Tutors:**

Katie Ginn

Practical Prep Tutors LLC

(860)748-8237

<https://www.facebook.com/practicalpreptutors/>

<https://practicalpreptutors.com/>

Kim Rasberry-Reynolds

Tutor

kimreynolds00@gmail.com

Online tutoring and prep sessions:

<https://www.revolutionprep.com/programs/private-tutoring/>

Alisa Arst

Tutor

316.644.2201

Elementary and Middle experience

Legal and Teaching degree

The Tutoring Center

<https://wichita.tutoringcenter.com/>

316.854.3000

11310 E 21<sup>st</sup> N Suite D

Wichita KS 67206

Liz McGettrick

[El.mcgettrick@outlook.com](mailto:El.mcgettrick@outlook.com)

316.648.1761

MS/US Math tutor

Andover Tutoring Scene

<https://www.andovertutoringscene.com/act-testprep>

Jessica Carr, M.S., M.A.

Tutoring in Chemistry, Math, essays, Critical Reading,

SAT, ACT

707.481.6889

[carrtutoring@yahoo.com](mailto:carrtutoring@yahoo.com)

**\*For additional therapy resources please contact the School Counselor.**

# Mental Health and Well Being Tips

- **Exercise regularly.** Just 30 minutes of walking every day can help boost your mood and improve your health.
- **Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day.
- **Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- **Try a relaxing activity.** Explore relaxation or wellness, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you may enjoy such as journaling.
- **Set goals and prioritize.** Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day.
- **Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind.
- **Focus on the positive.** Identify and challenge your negative and unhelpful thoughts. Try saying affirmations out loud.
- **Stay connected.** Reach out to friends or family members who can provide emotional support and practical help.