



# BRAINSTORMING

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Brainstorming is an on-line publication of the National Alliance on Mental Illness (NAMI) - Wichita Affiliate. It is made up of articles encompassing the topic of mental illness. Information provided in this e-magazine is for informational purposes only, has not been researched or independently verified and is not intended as medical advice. Views published in Brainstorming are those of the individual authors and contributors and do not reflect and are not endorsed as local, state or national NAMI positions. To read the full articles, click on the "Read more" link following the introduction to each article. To submit articles and other material to be considered for inclusion in this e-magazine, contact Lynn Kohr at [l.kohr@namiwichita.org](mailto:l.kohr@namiwichita.org).

## **Your Questions About Home COVID-19 Tests, Answered**

The omicron variant is here, and with it a huge demand for COVID-19 tests. Home tests are appealing because they allow you to avoid going to a testing center (with its long lines) and they produce results in just a few minutes.

"There's a tremendous amount of enthusiasm and desire for these tests," says Larissa May, MD, a professor of emergency medicine at UC Davis in California. But questions abound about how accurate they are, and how and when they're most useful.

[Read more](#)

## **10 Strategies for Stable Holidays When You or a Loved One Has Bipolar**

Holidays can challenge anyone's mood, but living with bipolar—or supporting someone who does—teaches us how to cope with the unknown. Here are my go-to's for maintaining hope and stability.

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# The 7 Best Free Online Therapy and Mental Support Services for 2022

You deserve support — even when your budget limits your options. These 7 services can make it easier to find the help you need at no cost to you.

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## HHS Announces Critical Investments to Implement Upcoming 988 Dialing Code for National Suicide Prevention Lifeline

Today the Department of Health and Human Services, through its Substance Abuse and Mental Health Services Administration (SAMHSA), will make critical investments in suicide prevention and crisis care services, announcing \$282 million to help transition the National Suicide Prevention Lifeline exit disclaimer icon from its current 10-digit number to a three-digit dialing code – 988

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## Special Needs Trusts

A special needs trust (SNT), sometimes referred to as a supplemental needs trust, is a trust that is established for the benefit of a physically or mentally disabled person, or a person who has other special needs, such as chronic illness, while still allowing such persons to qualify for and receive public assistance disability benefits provided by Social Security, Medicare or Medicaid. The objective of a special needs trust is to provide resources to supplement, and not replace, any such governmental benefits.

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