

Mental Health Resources

If You...

Have questions about COVID-19 illness, Executive Orders or related issues

Would like to manage feelings of COVID-19 stress and anxiety through meditation, sleep, and movement exercises.

Are experiencing emotional distress in the context of the COVID-19 crisis.

Are living with serious mental illness or substance use challenges and feel it will help lower your stress if you talk with someone who understands these issues.

Get Help From...

MDHHS COVID-19 Hotline and Email Response

Call: 1-888-535-6136 / 8 am - 5 pm

7 days a week

Email: COVID19@michigan.gov / 8 am - 5 pm

Monday through Friday

Headspace web service

Free to all Michiganders (normally a paid service)

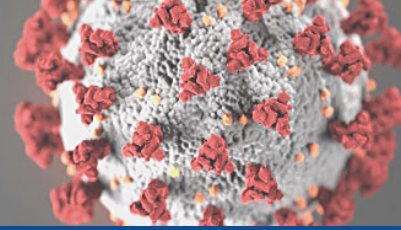
Visit: [headspace.com/mi](https://www.headspace.com/mi)

National Disaster Distress Helpline

Call: 1-800-985-5950 Text the keyword TALKWITHUS to 66746 Available 24/7

Michigan PEER Warmline

1-888-PEER-753 (888-733-7753) Available every day from 10 a.m. to 2 a.m.



Mental Health Resources

If You...

Are experiencing emotional stress and anxiety but are more comfortable texting than talking.

Want local help from the nearest Community Mental Health Services Program.

Are thinking of taking your life.

Bay County Resource

Bay Arenac Behavioral Health

To Request Mental Health or Substance Use Disorder Services

Call Access Services at 1-800-448-5498
Monday through Friday 8:00 AM – 5:00 PM.

Get Help From...

Michigan Crisis Text Line

Text the keyword RESTORE to 741741 Open 24/7

Call 211

Or visit <https://cmham.org/membership/cmhsp-directory/>

National Suicide Prevention Lifeline

Call: 1-800-273-8255 - Available 24/7

Text TALK to 741741

Visit: suicidepreventionlifeline.org

National Suicide Prevention Deaf and Hard of Hearing Hotline

Access 24/7 video relay service

Call: 1-800-273-8255 (TTY 1-800-799-4889)

Visit: suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing/