



BE KIND TO YOUR MIND:

If you're feeling emotional distress due to the COVID-19 pandemic, help is available. There are many ways to connect with emotional-support services without the need to leave home.

Michigan Stay Well Counseling via the COVID-19 Hotline:
Call 1-888-535-6136 Press "8" to talk to a Michigan Stay Well counselor. Counselors available 24/7 - confidential and free

Michigan Crisis Text Line:
Text the keyword RESTORE to 741741 Open 24/7

