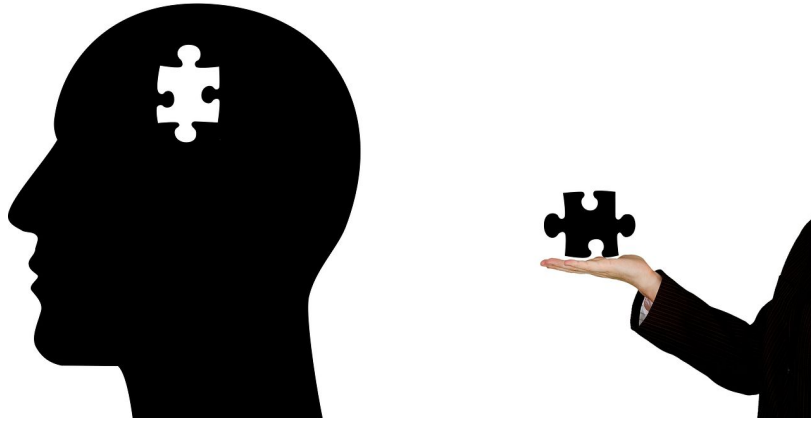


Trenton Public Schools COVID-19 MENTAL HEALTH RESOURCES



CRISIS HOTLINES

Detroit Wayne Integrated Health Network Crisis Hotline

Phone: 800-241-4949

<https://dwihn.org/>

National Suicide Prevention Lifeline

Phone: 1-800-273-8255

<https://suicidepreventionlifeline.org/>

Child Abuse and Neglect Hotline

Phone: 1-855-444-3911

Disaster Distress Helpline

Phone: 1-800-985-5990

Michigan Domestic Violence Hotline

Phone: 1-800-799-7233

Michigan Coronavirus Hotline

Phone: 1-888-535-6136

Email: COVID19@MICHIGAN.GOV

MICHIGAN 2-1-1

A one-stop connection to thousands of local agencies and resources that can help—24 hours a day, 7 days a week.

Call 211 or Text your ZIP Code to 898211

SUBSTANCE ABUSE & MENTAL HEALTH SERVICES ADMINISTRATION HOTLINE

1-800-985-5990 or Text TalkWithUs to 66746

EMERGENCY ROOMS

If you or someone you know are experiencing suicidal thoughts, the Emergency Room is the quickest way for mental health help. Please don't hesitate because of the coronavirus. Emergency rooms have procedures in place to help you or someone you love.

Henry Ford Wyandotte Hospital

2333 Biddle Ave

Wyandotte, MI 48192

Beaumont-Trenton

5450 Fort St

Trenton, MI 48183

University of Michigan

1500 E. Medical Center Drive

Ann Arbor, MI 48109

TRENTON POLICE DEPT.

Trenton Police Department

Emergency: 911

Non-emergency: 734-676-3737

TELE-THERAPY LOCATIONS

Check with your insurance about tele-therapy sessions. Some insurances are covering these services for a limited time

Starfish Family Services

Phone: 888-355-5433 (current and new clients)

<https://www.starfishfamilyservices.org/>

The Children's Center

Phone: 313-262-1212

<https://www.thechildrenscenter.com/>

New Oakland family Centers

Phone: 800-395-3223

<https://newoakland.org/>

The Guidance Center

Phone: 734-785-7700

<https://www.guidance-center.org/>

Apex Downriver Behavioral Health

Phone: 734-479-0949 (accepting new clients)

<https://www.apexdownriver.com>

Advanced Counseling Services (Taylor) (accepting new clients)

734-285-8282

New Clients - 734-759-0000

<https://advancedcounseling.info/>

Great Lakes Psychology Group -They offer grief counseling as well

Phone: 248-294-0072 (Accepting New Clients)

<https://www.greatlakespsychologygroup.com/>

GRIEF/LOSS SUPPORT

Ele's Place (Ann Arbor) - Assisting and supporting families virtually

734-929-6640

Elesplace.org

Sand Castles (Detroit)

313-874-6881

aboutsandcastles.org

Gabby's Ladder (Monroe)

734-242-8773

Gabbysfriefcenter.org

STRESS/COPING SUPPORT

The links below are resources below to assist families and others to understand COVID and support Mental Health at home:

[Mental Health America: Living with Mental Illness During COVID-19](#)

[Outbreak—Preparing For Your Wellness CDC Center for Disease Control and Prevention](#)

[Stress and Coping Trails- Self Care During Covid](#)

[Parent/Caregiver Guide](#)

[Child Trends: Resources for Supporting Children's Emotional Wellbeing during the COVID19 Pandemic](#)

[Zero to Thrive Novel Coronavirus \(COVID-19\) Helping families in times of crisis](#)

No matter how prepared you are, an outbreak can be stressful. Follow these recommendations to promote your family's well-being during COVID-19:

STAY CONNECTED Keep up to date on the status of the outbreak and further recommendations by following credible public health sources such as the Centers for Disease Control and Prevention and Michigan Department of Health & Human Services. Limit your family's exposure to news surrounding the outbreak and beware of news sources that promote fear and panic. Utilize available resources to stay connected with your community; phone calls, texts, emails, video calls, social media, and written letters are all great ways to stay in touch. Many schools have additional resources to keep kids engaged with learning and connected with teachers and classmates. Don't forget to engage with your own household! Check in with your children often to make sure they are coping with the sudden lifestyle change, emphasize that you're excited to have extra time to spend with them, and look at this as an opportunity to bond together!

MAINTAIN PROPER HYGIENE Find creative ways to encourage proper hygiene with your children; choose a fun song to sing while washing hands or set up a chart to track & reward consistent hygiene. Take this opportunity to teach your children new household chores; provide praise while reinforcing a sense of accomplishment and importance of a clean environment.

STICK TO A SCHEDULE Remember- this is temporary, and it's essential to maintain consistent exercise, meals, and bedtimes. Set an example for your children by following the routine yourself. Take advantage of the many distance learning opportunities offered by your school or other educational institutions.

NORMAL REACTIONS TO A CRISIS:

Everyone reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine, or isolation. It's important to recognize these reactions and realize they are normal. You may feel:

ANXIETY, FEAR Over your health status or the health of others. Due to time taken off from work, loss of income, job security. Because of the obstacles to securing essential items. Concern over the responsibility of effectively caring for your children and others in your care.

ANGER, FRUSTRATION Because of the uncertainty of how long you will be in this situation. Over the challenges of being stuck at home, with no time to yourself, potentially while trying to work remotely. Due to boredom or inability to participate in work or regular activities. If you think you were exposed to the disease because of others' negligence. Over insufficient healthcare resources to handle the crisis.

HELPLESS Due to a lack of control over the situation.

LONELINESS Due to feeling cut off from the world, your community, and loved ones.

DEPRESSED Symptoms of depression include: feelings of hopelessness, changes in appetite, sleeping too little or too much.

TEMPTATION A desire to use alcohol or drugs to cope. The urge to take your anger, frustration, anxiety, or sadness out on others.

SUBSTANCE ABUSE

As people across the U.S. and the rest of the world contend with coronavirus disease 2019 (COVID-19), the research community should be alert to the possibility that it could hit some populations with substance use disorders (SUDs) particularly hard. Because it attacks the lungs, the coronavirus that causes COVID-19 could be an especially serious threat to those who smoke tobacco or marijuana or who vape. People with opioid use disorder (OUD) and methamphetamine use disorder may also be vulnerable due to those drugs' effects on respiratory and pulmonary health.

[National Institute on Drug Abuse: COVID-19](#)

Groups that Occur By Phone:

[Alcoholics Anonymous Phone meetings](#)

[Narcotics Anonymous Meetings by phone](#)

Groups that Occur Virtually:

[Alcoholics Anonymous Online](#)

ASSISTANCE PROGRAMS & LOCAL RESOURCE INFORMATION

Housing Resources The Governor's Executive Order 2020-19 provides protection from eviction during this time. Please refer to links below for assistance.

[Housing Assessment and Resource Agency \(HARA\) Contact List Source](#)

Wayne State University Community Resources Link for energy needs, food, housing, internet/cell phone service, mental health counseling, transportation, unemployment and water resources for Macomb, Oakland and Wayne Counties:

https://socialwork.wayne.edu/coronavirus/resources?utm_source=link&utm_medium=email-5e8e1f1348e10&utm_campaign=Wednesday%2C+April+8%2C+2020%2C+--+Today%40Wayne+--+Wayne+State+Universit&utm_content=Social+Work+creates+Detroit+are+a+resource+list+to+support+those

[MI Bridges](#)

Michel DeJulian at TPS has immediate food, personal hygiene products, clothing and other day to day resources for Trenton families in need. For assistance, please email her at: dejulianm@trentonschools.com