



# Mental Health and Support Guide

for Haslett Public Schools

**If this is an emergency, please contact 9-1-1 immediately.**

**\*This resource guide does not encompass all available resources at the local, state, or national level.**



# NATIONAL MENTAL HEALTH HOTLINES

[National Suicide Prevention Lifeline](#)

1-800-273-8255

Deaf & Hard of Hearing 1-800-799-4889

Español 1-888-628-9454

[National Hopeline Network](#)

1-800-784-2433

[7 Cups of Tea Online Chat](#)

[Anxiety and Depression  
Association of America](#)

[National Association of  
School Psychologists](#)

[National Parent Helpline](#)

1-855-427-2736

[Crisis Text Line](#)

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# LOCAL MENTAL HEALTH HOTLINES

Listening Ear Crisis Center, Inc.

989-772-2918

Michigan Warmline (non-crisis)

1-888-733-7753

Community Mental Health - Ingham, Clinton, and Eaton Counties

517-237-7100

Michigan Healthcare Provider Support Hotline for Healthcare Personnel

1-888-910-1636

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# NATIONAL SUPPORT HOTLINES

## LGBTQ+

The Trevor Project (LGBTQ+): 1-866-488-7386, text 678678, or online chat

LGBT National Hotline: 1-888-843-4564

Trans Lifeline: 1-877-565-8860

Transgender Michigan Helpline: 1-855-345-8464

## Eating Disorders

National Association of Anorexia Nervosa and Related Disorders: 1-630-577-1330

National Eating Disorders Association 1-800-931-2237 or online chat

## Substance Use/Addictions

Narcotics Anonymous Hotline: 1-800-230-4085

Alcoholics Anonymous Hotline: 1-810-234-0815

National Problem Gambling Helpline: 1-800-522-4700 call or text, online chat

Center on Addiction Helpline: 1-855-378-4373 or text 55753

# MENTAL HEALTH HOTLINES

## Veterans

Veterans Crisis Line:

1-800-273-8255, press 1 (Deaf & hard of hearing 1-800-799-4889), text 838255, or online chat

Vet Call Center (Combat Veterans & Families): 1-877-927-8387

## Domestic Violence/Sexual Assault

The National Domestic Violence Hotline: 1-800-799-7233

National Sexual Assault hotline (RAINN): 1-800-656-4673 or online chat

National Teen Dating Abuse Helpline: 1-866-331-9474, text LOVEIS to 22522, or Chat

Michigan Sexual Assault Hotline: 1-855-864-2374 or Text Line 866-238-1454

The National Deaf Domestic Violence Hotline: 1-855-812-1001 or live chat

StrongHearts Native Helpline (Native Americans, domestic abuse): 1-844-762-8483

# APPS

Calm

[Center for Mindfulness and Meditation](#)

[Headspace](#)

MyLife Meditation

Sanvello

Clear Fear

Wellness Recovery Action Plan (WRAP)



# COVID-19 Specific Resources

## DISCLAIMERS

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# STATE AND GOVERNMENT RESOURCES

[MDHHS COVID-19 Support](#)

1-888-535-6136

[COVID19@michigan.gov](mailto:COVID19@michigan.gov)

[Center for Disease Control](#)

Disaster Distress Helpline

1-800-985-5990

Text Line 66746

[State Emergency Relief](#)

[Program Assistance](#)

MidMichigan Health

COVID-19 Hotline

1-800-445-7356

[211](#)

[United Way](#)

1-888-636-4211

[Greater Lansing Food Bank](#)

517-908-3680

9:00 AM - 4:00 PM

Monday - Friday.





# Resources for Children & Families

- [Center for Disease Control \(CDC\)-](#)
- [The Children's Institute COVID-19 Resources for Families](#)
- [COVID-19 Anxiety-related resources](#)
- [COVID-19 Pandemic: Helping families in times of crisis](#)
- [Sesame Street Caring for Each Other Initiative](#)
- [Sesame Street in Communities](#)
- [Second Step](#)
- [MDHHS Communicating with Children](#)
- [SAMHSA Talking with Children: Tips for Caregivers, Parents, and Teachers](#)
- [Mental Health First Aid Tips to Help Teens Cope During COVID-19](#)
- [Autism Focused Intervention Resources & Modules \(AFIRM\) Toolkit](#)
- [Navigating Extended Time Away From School for Families with Special Education Services](#)

# Mental Health Resources

[National Alliance on Mental Illness Covid-19 Guide](#)

[McLean Hospital COVID-19 Mental Health Resources](#)

[Center for Study of Traumatic Stress resources for providers & families](#)

[Coalition to End Social Isolation and Loneliness](#)

[Mental Health America information and resources for many populations](#)

[Active Minds mental health resources](#)

[COVID-19 Anxiety-related resources](#)

[Blurt Coronavirus Helpful Hub for mental health & other concerns](#)

[Mississaugas of the Credit First Nation COVID-19 Workbook](#)

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