



SEPARATE BUT TOGETHER

TIPS AND IMPORTANT INFORMATION

Helping Resources

Oakland County Nurse Hotline 800-848-5533

Offers information about health and related resources

Oakland County Help Line 248-858-1000

- For non-health needs for the general public such as food and housing assistance
- Staffed Mon-Fri from 8:30 am to 5:00 pm

Warm-Line launched by The Michigan Department of Health and Human Services (MDHHS)

The Warm-Line connects individuals with certified peer support specialists who have lived experiences of behavioral health issues, trauma or personal crises, and are trained to support and empower the callers.

The Warm-Line operates seven days a week from 10 a.m. to 2 a.m. at **888-PEER-753 (888-733-7753)**. It is intended to serve individuals living with persistent mental health challenges including anxiety, depression and trauma. Individuals in crisis, including those considering suicide, are urged to contact the Disaster Distress Helpline 24/7 at 800-985-5990 or the National Suicide Prevention Lifeline 24/7 at 800-273-8255.

Domestic Violence Hotline

The Hotline provides lifesaving tools and immediate support to empower victims and survivors to find safety and live free of abuse. They also provide support to friends and family members who are concerned about a loved one. Resources and help can be found by calling **1-800-799-SAFE (7233)**. Individuals who are Deaf or hard of hearing may use **TTY 1-800-787-3224**.

Additionally, advocates who are Deaf are available 24/7 through the National Deaf Hotline by video phone at 1-855-812-1001, Instant Messenger (Deaf Hotline) or email (nationaldeafhotline@adwas.org). Prefer to Chat: Find link on www.thehotline.org website.

New/Updated Rulings and Guidelines

Affordable Health Care - NOW OPEN

<https://www.michigan.gov/coronavirus/0,9753,7-406-98158-524638--,00.html>

Economic Impact Statements - HOW TO GET YOUR CHECK

If you typically don't file a federal tax form or have not shared your bank account information when you filed either your 2018 or 2019 federal tax statement you can apply online.

www.IRS.Gov/Coronavirus

Center for Disease Control

Recommends everyone to wear a face mask when in public.

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf>



ALLIANCE
OF COALITIONS
for Healthy Communities