



SEPARATE BUT TOGETHER

TIPS AND IMPORTANT INFORMATION

Helping Resources

The State of Michigan partners with Headspace

A specially-curated collection of science-backed, evidence-based guided meditations, along with at-home workouts that guide people through mindful exercises, sleep and kids content to help address rising stress and anxiety is available free at [An internet connection is the only thing that is needed to access these tools to while you stay home to stay safe.](https://www.headspace.com/MI)

<https://www.headspace.com/MI>

M | METRO HEALTH **Covid-19**

Metro Health – University of Michigan Health has developed a free online screening tool to help you self-assess your current health conditions. This tool will walk you through a series of questions and determine what next step is recommended for you.

<https://metrohealth.net/covid-19-screening/>

Check On MIVET

The Michigan Veterans Affairs Agency (MVAA) has launched a new initiative called “**Check on MIVet**” designed to connect Michigan National Guard and Reserve members and veterans to the, resources and services such as employment, healthcare, quality of life and other benefits they need to thrive.

They also provide assistance with emergency needs during these challenging times of the COVID-19 pandemic and throughout the year.

MVAA is available 24/7 through its 1-800-MICH-VET hotline

If you are concerned about a veteran, Guard or Reserve member fill out an online form requesting a representative check in on them through a phone call. Check on MIVet is not a mental health line or a “wellness” check; veterans experiencing a crisis should call the Veterans Crisis Line at 1-800-273-8255. www.michiganveterans.com

Free or Low cost Resources

Self-Help E-Books

Many people find the affordability and nature of self-help books convenient as they can be read at one's own pace and on almost any electronic device. Self-help books can complement therapy by providing additional insights, relatable personal stories, advice and exercises to change a particular thought pattern, emotion, or behavior.

Audible self-help books are available if you'd prefer to listen to recorded narration.

Places to Find Free or Low Cost Books

BookBub.com and Chirpbooks.com

These websites inform you of free and discounted e-books. When you sign up for an account, you choose one or more preferred categories: crime fiction, romantic suspense, literary fiction, sci-fi, and so on. Then, you can get a daily or weekly email listing new deals that match your tastes.

Got A Library Card? Most libraries offer these services and more

- **Hoopla Digital** allows you to check out a fixed number of e-books per month. You'll need the Hoopla app to read them available for Android, iOS and Fire and it lets you browse and borrow books directly.
- **Over Drive** Offers audiobooks as well as e-books.

Mental Health Support Groups

The **Anxiety and Depression**

Association of America runs a peer-led online support group for anyone dealing with depression and anxiety.

If you are in substance abuse recovery three of the most popular addiction self-help groups, **Alcoholics Anonymous**, **Narcotics Anonymous**, and **SMART Recovery**, all offer live online meetings and have increased the number of virtual meetings they offer since the COVID-19 outbreak.

NATIONAL HELPLINE

SAMHSA's National Helpline, **1-800-662-HELP (4357)**, (also known as the Treatment Referral Routing Service) or TTY: **1-800-487-4889** is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides free publications and referrals to local treatment facilities, support groups, and community-based organizations.

<https://www.findtreatment.samhsa.gov/>



ALLIANCE
OF COALITIONS
for Healthy Communities