



2022 MENTAL HEALTH Resource Guide





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— MEMO FROM THE PUBLISHER —

Community commitment remains strong to bring Help & Hope to our neighbors in need

View Newspaper Group, with support from our Community Partners, published our first Help & Hope Lapeer County Mental Health Resource Guide in December 2020 in response to the unprecedented impact of COVID-19 on mental health needs within Lapeer County. We followed up that effort last summer with a Help & Hope Pocket Guide that was sponsored by Lapeer County Community Foundation. Both pieces were direct mailed to more than 30,000 households in Lapeer County inside the Lapeer Area View with additional copies distributed through our partnerships.

While we did not think at that time that mental health needs would simply fade away as the pandemic receded, we did think that we would see the end, or at least the beginning of the end, of COVID-19 well before now. Unfortunately, that is not the case. And while the pandemic continues, so do the elevated mental health issues of stress, loneliness, fear, anxiety and hopelessness brought on or exacerbated by the pandemic.

The good news is our county has many resources available for citizens who are struggling to cope with those issues. The bad news is people either don't know how to access those resources or are reluctant to do so because of the stigmas attached to mental illness or simply asking for help of any kind.

Aware that both heightened mental health issues and related stigmas continue in Lapeer County, our team determined that we would produce an updated edition of Help & Hope.

This updated edition includes a comprehensive listing of local resources along with practical advice on how to access those services. Also included is a feature from contributing



Wes Smith
View Newspaper
Group Publisher

writer Krystal Moralee about a new organization known as Hashtag Hope founded by a group of people that have the common goal of making a difference in the lives of people in Lapeer County who are struggling with addiction.

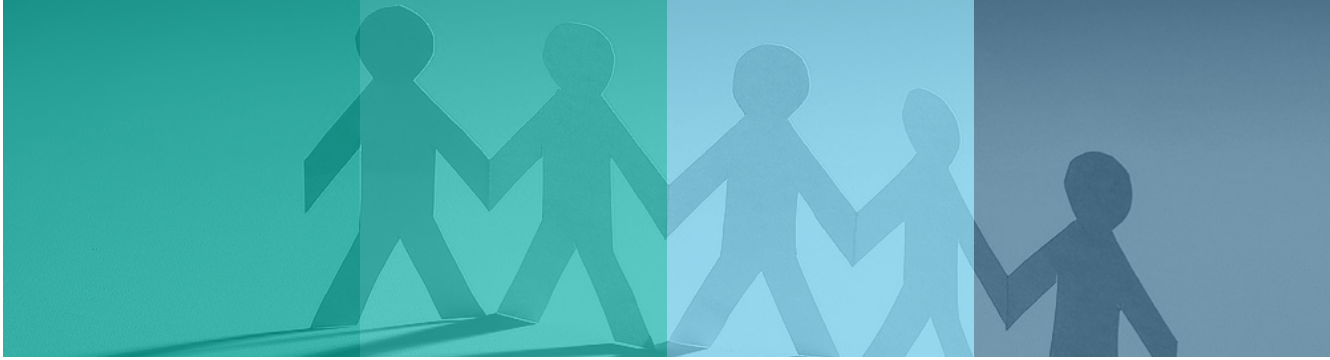
Again this year we reached out to potential sponsors to invest in our effort of gathering information, graphic design, printing and distribution of Help & Hope. We were overwhelmed by the commitment we received from a diverse

group of businesses, nonprofit organizations, government agencies and the education community.

Our Community Partners for this edition of Help & Hope, whose logos are featured on the back page, are: Blackburn Chapel/Martin Funeral Home, The Chatfield School, ChoiceOne Bank, City of Lapeer Police Department, Cypress Integration Solutions, ELGA Credit Union, Human Development Commission, Jim Riehl's Friendly Automotive Group, Kapala Heating & Air Conditioning, Lapeer County Community Mental Health, Lapeer County Intermediate School District, Lapeer County Sheriff's Office, McLaren Health Management Group, McLaren Lapeer Region, Mott Community College, Tri-County Equipment and Warren Systems Heating & Cooling.

Our sincere thank you goes to each of our Community Partners for making this Help & Hope publication possible. Their partnership in this project reflects the commitment of so many across Lapeer County to assist and support our neighbors in need.

Thank you for reading Help & Hope. Please share your feedback with me, request reprints or a PDF version of this publication by email at wsmith@mihomepaper.com or by phone at 810-452-2622.



Resource DIRECTORY

ALCOHOLICS ANONYMOUS

3496 Davison Rd.,
Lapeer, MI 48446
810-234-0815 • aa.org

Mission statement:

The main purpose and mission of Alcoholics Anonymous members are to stay sober and help others achieve sobriety.

Summary of services offered:

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

Best way for families or individuals to access services:

Visit www.aa.org or www.lapeercmh.org

AL-ANON

al-anon.org

Mission statement:

Al-Anon Family Group Headquarters, Inc. is a spiritually based organization that helps the families and friends of alcoholics connect and support each other through meetings, information, and shared experiences.

Summary of services offered:

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help.

Best way for families or individuals to access services:

Visit www.al-anon.org or www.lapeercmh.org

BLUE WATER CENTER FOR INDEPENDENTLIVING/ DISABILITY NETWORK OF THE THUMB

550 Lake Dr., Suite C
Lapeer, MI 48446
810-664-9098 • bwcil.org • info@bwcil.org

Mission statement:

DNOTT exists to open paths and remove barriers for people of all disabilities toward independence, personal choice and quality of life through resources, options, education and support.

Summary of services offered:

Advocacy - Individual and systemic

Housing Services - Homeless prevention and rapid rehousing

Independent Living Skills - Currently online classes/virtual group activities

Information & Referral - Resources, services, accessibility, transitions, veterans.

Best way for families or individuals to access services:

info@bwcil.org or 810-987-9227 for referral to appropriate core services staff. For housing services the Centralized Housing intake line is 810-648-2555.



WWW.MIHOMEPAPEER.COM

— RESOURCE DIRECTORY —

CATHOLIC CHARITIES OF SOUTHEAST MICHIGAN

700 S. Main St., #211
Lapeer, MI 48446
810-664-4646 • ccsem.org

Mission statement:

Compelled by the love and teachings of Jesus Christ, Catholic Charities of Southeast Michigan provides compassionate, quality, professional services and support to people in need.

Summary of services offered:

Adoption and foster care, All Saints Soup Kitchen, mental and behavior health, counseling, family support services, Hispanic outreach, immigration and refugee services, senior services, Project Hope (pro life ministry).

Best way for families or individuals to access services:

Call 810-664-4646

Volunteer or donation opportunities:

Visit www.ccsem.org/volunteer-opportunities

THE CHILD ADVOCACY CENTER OF LAPEER COUNTY

15 E. Genesee St.
Lapeer, MI 48446
810-664-9990 • caclapeer.org
Director/Dept. Head: Heather Frayer
810-664-9990 • hfrayer@caclapeer.org

Mission statement:

The mission of the Child Advocacy Center of Lapeer County is to reduce the trauma to children during the investigation and intervention of alleged sexual or severe physical abuse through advocacy, education, intervention, and treatment.

Summary of services offered:

The Child Advocacy Center of Lapeer County coordinates the investigation, prosecution, and treatment of the most severe cases of child abuse in Lapeer County. As the only child advocacy center in Lapeer County, we serve children from birth through age 17. All services are provided in a nurturing, friendly and safe environment at no cost to a child's family.

Best way for families or individuals to access services:

Call 810-664-9990

Volunteer or donation opportunities:

The Center's volunteers dedicate thousands of hours every year to help children. Depending on the amount of direct contact volunteers would like to have with children, volunteer jobs require different levels of training. The Center is regularly in need of volunteers for: Family reception/Waiting room; Marketing & communications; Graphic design; Data entry. For more info call 810-664-9990 or visit www.caclapeer.org

LAPEER COUNTY COMMUNITY MENTAL HEALTH

1570 Suncrest Dr.
Lapeer, MI 48446
810-667-0500 • lapeercmh.org
Follow us on Facebook for Mental Health Awareness and Resources under "Lapeer County Community Mental Health"
Chief Executive Officer: Lauren Emmons, ACSW
lemmons@lapeercmh.org
Chief Operating Officer: Tina Close, MA LLP
tclose@lapeercmh.org

Mission statement:

Recovery: hope; choice; health; fulfilling dreams

Summary of services offered:

Lapeer Community Mental Health provides a wide variety of Mental Health needs to residents living in Lapeer. Emergency and Crisis services available 24 hours seven days a week by calling 810-667-0500 or walk-in during open business hours, 8 a.m. - 5 p.m. Visit our website for a comprehensive list of programs and services or visit us on Facebook under the tab "services."

Best way for families or individuals to access services:

Call the Region 10 ACCESS line at 1-888-225-4447 for assistance and to see if you qualify for intake appointment at Lapeer Community Mental Health. If you qualify for an intake; an appointment will be scheduled as soon as possible. If you do not qualify for an intake, a referral or resources will be offered upon request.

Volunteer or donation opportunities:

Donate items such as gently used clothing, antiques, vintage, collectables, and home goods to "New To You Consignment" at 286 West Nepessing Street, Suite 4, Lapeer, MI 48446, 810-245-7272 (located downtown). Use the account name "Lapeer County Community Mental Health." Items will be sold and proceeds will be donated to this account.



WWW.MIHOMEPAPEER.COM

— RESOURCE DIRECTORY —

LAPEER COUNTY DEPARTMENT OF VETERAN AFFAIRS

287 W. Nepessing St., Ste. 2
Lapeer, MI 48446

810-667-0256 • lapeercountyweb.org
Director/Dept. Head: Pete “Top” Kirley
810-245-6829 • pkirey@lapeercounty.org

Mission statement:

The Lapeer County Department of Veterans Affairs serves the Lapeer Veteran’s Community, including their families with a commitment to excellence. Our Department provides services that ensure access to federal, state and local resources and benefits due to veterans and their families with dedication and focus towards outcome based results.

Summary of services offered:

Free transportation to and from VA Medical Centers located in Ann Arbor, Detroit and Saginaw to include clinics in Flint & Yale. Request for discharge papers (DD214), military/medical records. Assist in filling out disability claims. Emergency relief through two different funds.

Best way for families or individuals to access services:

Call and make an appointment to come visit with one of the accredited service officers, to include Field Service Officers from the VVA (Vietnam Veterans of America) and the VFW (Veterans of Foreign Wars).

Volunteer or donation opportunities:

Volunteer Drivers Program, donate gas cards, bus tokens and/or monetary amounts.

HAMILTON COMMUNITY HEALTH NETWORK

1570 Suncrest Dr.
Lapeer, MI 48446

810-406-4246 • hamiltonchn.org

Mission statement:

To be the leader in providing comprehensive, quality, community-oriented health care for the underserved of Genesee, Lapeer and the surrounding areas.

Summary of services offered:

Hamilton Community Health Network is part of a national network of primary care centers (Section 330E) aimed at improving health services for inner city populations. These centers provide comprehensive care to patients regardless of their ability to pay. Services include: Adult primary care, pediatric primary care, general dentistry, obstetrics & prenatal care, gynecology, behavioral services, podiatry services and vision services.

Best way for families or individuals to

access services: Call 810-406-4246

HISPANIC SERVICE CENTER

113 N. Almont Ave.
Imlay City, MI 48444
810-724-3665 • imlayhsc.org
Director/Dept. Head: Lourdes Emke

Mission statement:

To improve the lives of individuals of all ethnicities in the community by providing value-added resources and services.

Summary of services offered:

Imlay City Hispanic Service Center provides social, health, immigration, cultural and advocacy services to ALL Lapeer County residents.

Best way for families or individuals to access services:

Call 810-724-3665

Volunteer or donation opportunities:

Visit www.imlayhsc.org for a list of donation requests and more info.

HUMAN DEVELOPMENT COMMISSION

1559 Imlay City Rd.
Lapeer, MI 48446
810-667-7034 • hdc-caro.org
Director/Dept. Head: Lori Offenbecher
810-664-7133 • lorio@hdc-caro.org

Mission statement:

Restoring hope by helping people and saving lives.

Summary of services offered:

Early Head Start–home visiting services for families with pregnant women and children birth to three; Self-Sufficiency Program for people looking to achieve life goals; Homeless Programs for persons referred from Bluewater Center for Independent Living; Elder Advocacy Programs for seniors who are being exploited or abused; CARES funding for assistance with rent, mortgage, and water bills for those affected by COVID-19; Q-CARES boxes for people who are directed to quarantine or are self-quarantining (delivery of food and/or hygiene supply boxes).

Best way for families or individuals to access services:

Contact Lisa Meyer at 810-667-7034 or lisam@hdc-caro.org



WWW.MIHOMEPAPEER.COM

— RESOURCE DIRECTORY —

HURLEY MEDICAL CENTER

One Hurley Plaza, Flint, MI 48503
810-262-9000 • hurleymc.com

Mission statement:

To ensure that we are always ready when someone faces a serious injury, complex illness, or high risk condition. Today, tomorrow, and beyond, we have the dedicated, compassionate professionals, advanced technology, and state-of-the-art facilities to meet the complex health needs of our region.

Summary of services offered:

Hurley is a 443-bed premier public teaching hospital recognized as a regional leader in advanced specialized health care. Every year, more than 20,000 people choose Hurley for their inpatient hospital care and our Emergency Department handles over 80,000 annual emergency cases.

Best way for families or individuals to access services:

Call 810-262-9000 or visit www.hurleymc.com

Volunteer or donation opportunities:

Visit www.hurleyfoundation.org/volunteer

KISS (KEEPING INDEPENDENT SENIORS SAFE) PROGRAM

225 E. Fifth St., Ste. 200, Flint, MI 48502
1-855-561-5477 • imlayhsc.org

Mission statement:

Keeping Independent Seniors SAFE.

Summary of services offered:

The KISS program is a free telephone reassurance program for older adults who live independently and want to feel safer and more secure. The KISS program volunteers help eliminate some fears and dangers that living independently can entail. Participants are provided with a telephone number to call Monday through Friday between 8 a.m. and Noon. Those who cannot call the office because of limited calls, disabilities, dementia, etc. will be contacted with a phone call. Special arrangements may be made for participants that need weekend coverage. The call lets the KISS volunteers know that everything is ok. If any participant fails to call or does not answer the phone, it alerts the KISS volunteers that there may be a problem. Steps are then taken to contact that person to determine if there is a problem. If a person cannot be contacted further steps are taken.

Best way for families or individuals to access services:

Call 1-855-561-5477.

Those eligible must be a Genesee, Lapeer or Shiawassee county resident, 60 years or older and willing to notify the KISS office when away from home.

LAPEER AREA CITIZENS AGAINST DOMESTIC ASSAULT (LACADA)

P.O. Box 356
Lapeer, MI 48446
Business line: 810-667-4193
Help line: 810-667-4175
contact@lacada.org • lacada.org
Director/Dept. Head: Tracey Walker
810-667-4193 • tracey@lacada.org

Mission statement:

To provide safe shelter, independence, empowerment and supportive services to survivors of domestic violence, sexual assault and stalking while seeking to end violence against individuals and their families through promoting social change, community education and public awareness in our community.

Summary of services offered:

LACADA provides free and confidential support to live a life free from violence. Survivors of Domestic Violence and Sexual Assault often feel alone and there is nowhere to turn. LACADA strives to empower survivors in regaining control in their lives through crisis intervention, advocacy, and support services.

Best way for families or individuals to access services:

Call 810-667-4175.

Volunteer or donation opportunities:

A Help Line/ Shelter Attendant Volunteer will complete a 40 hour training. These volunteers are cross trained to provide crisis intervention, advocacy, education and practical assistance to survivors of domestic violence and sexual assault either in the shelter or on the phone. Flexible day, evening and overnight shifts are available. Volunteers are asked to make a minimum 4 hour per week commitment. Contact 810-667-4193 to learn more.



WWW.MIHOMEPAPEER.COM

— RESOURCE DIRECTORY —

LAPEER COUNTY HEALTH DEPARTMENT

1800 Imlay City Rd.
Lapeer, MI 48446
810-667-0448 • lapeercountyweb.org
Director/ Dept. Head: Kathy Haskins

Mission statement:

Dedicated to protecting and promoting the health of Lapeer County

Summary of services offered:

The Lapeer County Health Department is dedicated to protecting and promoting the health of Lapeer County. In order to do that the department has a number of divisions including: Environmental Health (EH), Public Health Nursing, Senior Programs, Public Health Emergency Preparedness, and Alcohol Information and Counseling Center (AICC). Well-known services within the Public Nursing Division include immunization clinics and WIC (Women, Infants and Children). Well-known services within the Senior Programs including: in-home meal services and in-home care services.

Best way for families or individuals to access services:

Contact 810-667-0448

LAPEER COUNTY INTERMEDIATE SCHOOL DISTRICT

1996 W. Oregon St.
Lapeer MI 48446
810-664-5917 • lapeerisd.org
Director/Dept. Head:
Steven A. Zott, Superintendent
810-245-3964 • szott@lapeerisd.org

Mission statement:

To promote, initiate, and implement educational and support services for its constituent local districts; engage in cooperative programs with other entities; and plan, implement, and carry-out programs that promote the educational, career, and service needs of the LCISD service area.

Summary of services offered:

Lapeer ISD offers mental health services to students in each public school district and charter in Lapeer County. Through a grant from the Michigan Department of Education and Michigan Department of Health and Human Services, professional mental health therapists provide individual and group therapy to students with mental health needs. Some examples of issues addressed include, grief, anxiety, ADHD, bullying, depression, friendships, divorce, etc.

Best way for families or individuals to access services:

Contact your child's building principal.

LAPEER COUNTY SENIOR PROGRAMS

1800 Imlay City Rd.
Lapeer, MI 48446
810-245-5866
Director/Dept. Head: Paul Walker
810-245-5866 • pwalker@lapeercounty.org

Mission statement:

LCSP provides programs designed to help seniors remain in their home and maintain their independence.

Summary of services offered:

Home Delivered Meals, In-Home Services.

Best way for families or individuals to access services:

Call 810-245-5866

LOVE, INC. (IN THE NAME OF CHRIST)

1680-B North Lapeer Rd.
Lapeer, MI 48446
810-245-2414 • loveinc.org

Mission statement:

To mobilize local churches to transform lives and communities in the Name of Christ.

Summary of services offered:

Coordinates services for the needy of Lapeer County. Love, INC. works closely with churches and government and private organizations.

Best way for families or individuals to access services:

Contact Love, INC at 810-245-2414.

Volunteer or donation opportunities:

Call 810-245-2414.



WWW.MIHOMEPAPEER.COM

— RESOURCE DIRECTORY —

MCLAREN LAPEER REGION HOSPITAL

1375 N. Main St.
Lapeer, MI 48446
810-667-5500 • mclaren.org

Mission statement:

McLaren Health Care will be the best value in health care as defined by quality outcomes and cost.

Summary of services offered:

McLaren Health Care, headquartered in Grand Blanc, Michigan, is a \$6 billion, fully integrated health care delivery system committed to quality, evidence-based patient care and cost efficiency. The McLaren system includes 15 hospitals in Michigan and Ohio, ambulatory surgery centers, imaging centers, a 490-member employed primary and specialty care physician network, commercial and Medicaid HMOs covering more than 588,000 lives in Michigan and Indiana, home health, infusion and hospice providers, pharmacy services, a clinical laboratory network and a wholly owned medical malpractice insurance company. McLaren operates Michigan's largest network of cancer centers and providers, anchored by the Karmanos Cancer Institute, one of only 51 National Cancer Institute-designated comprehensive cancer centers in the U.S. McLaren has 28,000 full-, part-time and contracted employees and more than 90,000 network providers throughout Michigan, Indiana and Ohio.

Best way for families or individuals to access services:

Call 810-667-5500 or visit www.mclaren.org

Volunteer or donation opportunities:

Various volunteer opportunities are available at our many locations across Michigan, so you can directly help the people in your own community. Whether you'd like to have direct patient and family contact or would prefer to work in a more behind-the-scenes role, your time and talents are needed and appreciated. Visit www.mclaren.org/main/volunteer-at-mclaren-health-care to learn more.



MICHIGAN DEPARTMENT OF HEALTH AND HUMAN SERVICES LAPEER OFFICE

1505 Suncrest Dr.
Lapeer, MI 48446
810-667-0800 • michigan.gov/mdhhs
facebook.com/michiganhhs
twitter.com/MichiganHHS

Summary of services offered:

Health care, food assistance, cash assistance, state emergency relief, child care.

Best way for families or individuals to access services:

Apply for benefits/manage case/explore resources: www.michigan.gov/MIBridges.

Volunteer or donation opportunities:

Email Therese Mancini-Community Resource Coordinator at mancinit@michigan.gov.

SEVEN PONDS NATURE CENTER

3854 Crawford Rd.
Dryden MI 48428
810-796-3200 • sevenponds.org
facebook.com/SevenPondsNatureCenter
instagram.com/sevenpondsnaturecenter
Director/Dept. Head:
Daryl Bernard, Executive Director
810-796-3200 • dbernard@sevenponds.org

Mission statement:

The mission of Seven Ponds Nature Center is to conserve the natural environment of Seven Ponds as a sanctuary for native plants and animals, as a living classroom for environmental education, and as a peaceful retreat for its visitors.

Summary of services offered:

350 acres with over six miles of trails to explore through woods, wetlands, prairie, fields, and the seven glacial lakes that give the nature center its name. Trails and visitor center is available to the public Tuesday through Sunday, 9 a.m. to 5 p.m.; Seven Ponds members may access the trails dawn to dusk every day of the year.

Best way for families or individuals to access services:

Website, social media, call, or stop by for a visit.

Volunteer or donation opportunities:

With a small staff, Seven Ponds has greatly benefitted from the actions of thousands of dedicated volunteers over the past five decades - volunteers are always needed for trail work, invasive plant removal, garden maintenance, animal care, and more. As a nonprofit organization, Seven Ponds is fully dependent on the generous financial support of our members, donors, and the community.

— RESOURCE DIRECTORY —

SUICIDE PREVENTION NETWORK

Located within Lapeer County
Community Mental Health (CMH)
1570 Suncrest Dr.
Lapeer, MI 48446
810-667-0500

National Hotline: 1-800-273-TALK (8255)
lapeercmh.org • suicidepreventionlifeline.org

Mission statement:

Help is available for people who feel hopeless.

Summary of services offered:

Suicide prevention lifeline and walk-in help for those needing it is available at CMH 8 a.m. to 5 p.m. Monday to Friday. Members of the Suicide Prevention Network are available for presentations to community agencies or groups. To find out more about suicide prevention or to schedule a speaker, please contact Betsy Felton, Tim Campbell or Stephanie Rudow at Lapeer County CMH 810-667-0500.

Best way for families or individuals to access services:

Contact CMH at 810-667-0500 or the National Hotline at 1-800-273-TALK (8255) (Press 2 for Spanish).

Volunteer or donation opportunities:

The Lapeer County Suicide Prevention Network meets the 2nd Friday of each month at Lapeer County Community Mental Health, 1570 Suncrest Drive, Lapeer.

UNITED WAY OF LAPEER COUNTY

3333 John Conley Dr., Ste. 102
Lapeer, MI 48446
810-667-2912 • unitedwaylapeer.org
facebook.com/unitedwaylapeercounty/
Director/Dept. Head: Kim Hebbert
810-895-1596 • 810-667-2912
khebbert@unitedwaylapeer.org

Mission statement:

To unite people, develop resources and meet community needs.

Summary of services offered:

United Way is providing up to 2 months assistance with rent and all utilities.

Best way for families or individuals to access services:

Call 810-667-2912 to make an appointment.

Volunteer or donation opportunities:

For volunteer or donation opportunities please call 810-667-2912 or visit the website at www.unitedwaylapeer.org.

WE'RE HERE FOR YOU



**Alexandra
Becerra,
Senior Program
Coordinator,
Hispanic Service
Center**

Q. Please give a brief description of what happens after a person contacts your organization for help?

A. The staff person will introduce themselves. We take the caller's name and a good telephone number to reach them at a later time if need be. While on the phone we listen

to their questions, comments and/or concerns and then proceed to figure out a solution to help the person in need of assistance.

Q. What is your team doing to remove the stigma of seeking help - be it for mental health, food resources or shelter?

A. The Hispanic Service Center offers a temporary shelter stay (of course, if the family qualifies all requirements). If we cannot seem to help the client enough, we then look for resources for them to reach out to. A food pantry is provided all year round for the whole community. Our goal is to improve the lives of individuals of all ethnicities in our community by providing value-added resources and services.

Q. What is your message of hope to the person reading this?

A. Never give up or completely isolate yourself, there is help! There is hope! Once you choose hope, anything is possible.

Have a question for Hispanic Service Center, call 810-724-3665



— LAPEER COUNTY SCHOOLS —

School districts offer assistance to help students with mental health issues

Lapeer County school districts have staff available to help students who exhibit symptoms of mental illness — including anxiety, depression, eating disorders, ADHD and others. Parents may call the schools to arrange a meeting to discuss their child’s mental health well-being and to determine if their children would benefit from an evaluation with school personnel or outside professionals.

The level of clinical experience and number of on-staff professionals varies from district to district. Within Lapeer County school districts there are counselors, mental health therapists, social workers and psychologists.

School districts are increasingly adding staff to focus on the mental health of students, who are available to families throughout the year.

Central office phone numbers where parents can call to inquire about help available within respective local districts and buildings are:

- **Almont Community Schools:**
810-798-8561
- **Chatfield School:**
810-667-8970
- **Dryden Community Schools:**
810-796-9534
- **Imlay City Community Schools:**
810-724-2765
- **Lakeville Community Schools:**
810-591-3980
- **Lapeer Community Schools:**
810-667-2401
- **Lapeer County ISD Ed-Tech Center:**
810-664-1124
- **North Branch Area Schools:**
810-688-3570

— BY KRystal MORALEE —
CONTRIBUTING WRITER

Hashtag Hope is here to help

Since October, the new organization known as Hashtag Hope has been working to fill gaps in the services available for people who are working through addiction recovery and in just a few short months, they've positively impacted dozens of lives.

Hashtag Hope was founded by a group of people with different skills and experiences that have the common goal of making a difference in the lives of people in Lapeer County who are struggling with addiction. The group meets from 6-8 p.m. on the third Wednesday of every month at Chef G's Event Center in downtown Lapeer. The meetings serve as a place for social connections and networking – something incredibly important for people in recovery. Tim Galbraith and Terri Woodcox, who are both recovering from addiction and serve as recovery coaches at Golden Arrow, said the social aspect can make or break recovery for some people. Often, their friends were all involved in using as well, and relationships with family can be strained. There is also the loneliness that can come from breaking free from unhealthy patterns that have become comfortable. Getting people together – both with others in recovery and with the general community – can go a long way toward healing the void that substances once filled.

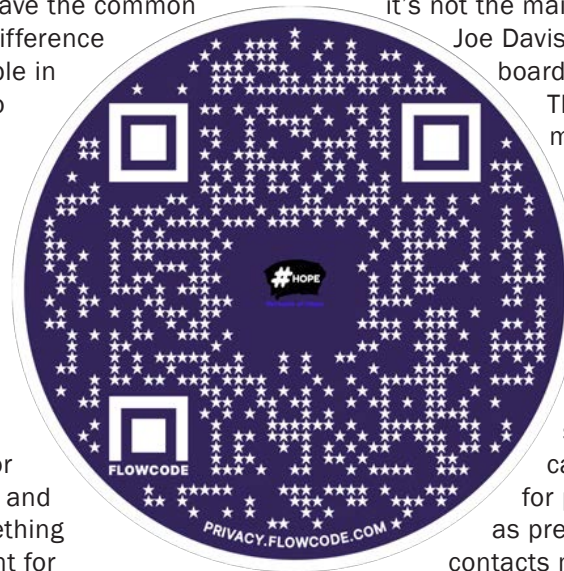
The gatherings are attended by a mix of people including those in recovery, their families, and others who just want to be supportive of the helpful program. They are more of a social event than something focused on addiction.

“Everything doesn't revolve around addiction and recovery, but it's talked about openly. It's not a taboo there, but it's not the main focus either,” said Joe Davis, a Hashtag Hope board member.

The most recent meeting, for example, was focused on different paths to health and wellness, with yoga, reiki, and essential oils among the topics. Having healthy social interactions can be a challenge for people in recovery, as previous social contacts might not be conducive to healing. Finding healthy alternatives are a big part of maintaining sobriety, and the fact that there are others who have experienced addiction and can empathize is helpful.

Another part of Hashtag Hope is providing a streamlined and efficient way for people to get help right when they need it. Through his job at the Lapeer County Jail, Davis has had ample opportunity to speak to people who are dealing with addiction and said Hashtag Hope was formed to fill the voids in Lapeer County, when it comes to re-entry

Continued on next page ►



Scan this QR code with your smartphone's camera to get instant access to the Hashtag Hope page and its resources.



Continued from previous page

assistance, rehab placement and Peer Recovery Coaches. Hashtag Hope brings them all together, so anyone can get help, any time they decide they need it.

A big part of making this connection is the QR code that was developed to get people help instantly. The goal is to have the code posted all over Lapeer County – on businesses, patrol cars and at the jail exit. The person who wants help, or their loved ones, can just scan the code and get instant access to the Hashtag Hope page and its resources. A phone call can also be made to 810-356-7625.

Since October, Hashtag Hope has already helped 27 people get into detox or rehab, assisted three with employment and five with housing. They have fielded a total of 52 calls for help, including assisting someone in Ohio whose family member had sent them Hashtag Hope's number as a resource.

"We also have people showing up to the meetings to get help, and that's what we're there for," said Davis.

Hashtag Hope has proven so helpful, they are looking for more volunteers to assist, whether it's answering the hotline, helping to organize events, or transporting people who have called for help. If you would like to help out, call the hotline or just show up at a meeting.

WWW.MIHOMEPAER.COM

WE'RE HERE FOR YOU



**Heather Frayer,
CEO/ Executive
Director
The Child
Advocacy Center
of Lapeer County**

Q. Please give a brief description of what happens after a person contacts your organization for help?

A. The Child Advocacy Center of Lapeer County is in a unique position in that to access some of our investigative services; children need to be referred at the request of CPS or law enforcement. However, individuals can self-inquiry. Each caller, walk-in or website inquiry is responded to within 24 hours by a warm and welcoming call from a member of our staff. Often these

contacts involve support listening and education about the need for an investigation to be initiated. Staff then explain the role of being a mandated reporter, take the required information from the caller, and initiate any applicable investigations. If an inquirer is seeking any services outside the scope of our role and practice (i.e., assistance in obtaining a guardianship, or questions about becoming a foster parent), our staff prides themselves in not taking a "that's not what we do here" approach, but instead engaging with the individual to get them pointed in the right direction, thanking them for reaching out and welcoming them to call back if they experience barriers.

Q. What is your team doing to remove the stigma of seeking help - be it for mental health, food resources or shelter?

A. All Center staff are trauma-informed and recognize the many barriers that come with help-seeking, compounded by the stigma associated with child abuse being an issue historically (but incorrectly) perceived as something to be handled within the family. The Center's staff members recognize that families are the experts on themselves and that all families have strengths. We reduce stigma by building rapport, creating a safe and welcoming private environment, and are always welcoming and non-judgmental. We work on normalizing the occurrence of child abuse, sexual assault, and other traumatic events by providing education to our clients and the larger community on the prevalence of these experiences across all walks of life.

Q. What is your message of hope to the person reading this?

A. We can't change what has already happened, but we can change what happens next! Healing after trauma is possible. Shame dies when stories are told in safe places, and the Child Advocacy Center of Lapeer County aims to be that safe place.

Have a question for the Child Advocacy Center of Lapeer County, call -810-664-9990

Food PANTRIES

Due to layoffs, reduced hours at work and other situations brought on by COVID-19 that may impact the ability of people to purchase groceries, another stress in many households this year has been providing nutritious food to feed individuals and families. But there is help available. Numerous churches and other organizations in Lapeer County provide soup kitchens and food pantries to offer assistance to people in need.

ALMONT/DRYDEN/IMLAY CITY

- **Linked Hearts**, 5595 Main St., Dryden. Open to all, noon to 4 p.m. Monday and 10 a.m. to 2 p.m. Wednesday. Contact Vicki Simek at 810-796-3407 or linkedhearts808@gmail.com.
- **First Congregational Church of Imlay City**, 275 Bancroft St., Imlay City. Every Thursday from 2 - 4 p.m.. Contact Pastor Dave Forsberg at 810-724-6207 or info@fccuccimlay.org. Gateway Assembly of God (2796 S. Van Dyke, Imlay Township). Drive-thru giveaway from 10 a.m. to noon on March 26 while supplies last. Call 810-724-8110
- **Hispanic Service Center**, 150 South Almont Ave., Imlay City. By appointment only. Contact Lourdes Emke or Mary Jones at 810-724-3665 or hscofimlaycity@gmail.com.
- **Manna Ministries Almont Vineyard** (3835 Van Dyke Road, Almont) Thursdays from 3-5 p.m. for drive-thru pantry.
- **St. Paul Lutheran Church of Imlay City**, (200 North Cedar St., Imlay City.) Pantry opens on Mondays 3:45 - 5:30 p.m. Drive-up meals available while supplies last. Contact 810-724-1200

HELP &
HOPE
LAPEER COUNTY
WWW.MIHOMEPAPEER.COM

ATTICA/LAPEER

- **American Legion Post 16**, 1701 W. Genesee St., Lapeer. Veteran's pantry. Contact Kathy Cutcher at 810-664-9312 or americanlegion16@gmail.com.
- **Attica United Methodist Church** 27 Elk Lake Rd., Attica. Drive-thru only, from 12:30-4 p.m. the second and fourth Monday of the month and 4-5:30 p.m. Tuesday. Contact Pastor Ron Rouse or J.R. Lomerson at 810-724-0690 or rouse2010@hotmail.com; jlomerson1@yahoo.com.
- **First Presbyterian Church of Lapeer**, 433 N. Calhoun St., Lapeer. Soup kitchen only, 4-6 p.m. Thursdays. Contact Linda Hamilton at 810-664-8565 or pnutbutr19@msn.com.
- **Good Samaritans/Community Church of Christ**, 2062 West Oregon St., Lapeer. From 1-3 p.m. Saturdays. Contact Donna Ruppert at 810-667-3123 or samaritans@writeme.com. Grace Episcopal Church (735 W. Nepessing St., Lapeer) food pantry only, call church office at 810-664-2841 to set up an appointment.
- **Harmony Hall**, 219 S. Saginaw St., Lapeer. For clubhouse members only. Contact Brian Schmitt at 810-667-0251 or bschmitt@lapeercmh.org.
- **Human Development Commission Caro bimonthly food program**, fourth Tuesday every other month at the American Legion Lapeer. Contact Ragan Cudney at 989-673-4121 or raganc@hdc-caro.org; amyj@hdc-caro.org.
- **Immaculate Conception Catholic Church**, 814 W. Nepessing St., Lapeer. From 1-4 p.m. Wednesday. Contact 810-664-8594.
- **Lapeer Church of Christ**, 1680 N. Lapeer Rd., Mayfield Township. Serving referrals from Love INC and LICA on Wednesdays. Pop up food pantries throughout the year. Call for details. Contact Freda Wright or Joe Veeran at 810-664-1611 or lapeercoc@lapeerch.com.
- **Lapeer Free Methodist Church**, 1621 North Saginaw St., Mayfield Township. Food available 24-7 on table in the breezeway. Contact Carole Price at 810-664-3393 or carole3522@icloud.com.
- **Lapeer Interfaith Community Association (LICA)**, 3682 Payne Rd., Attica. Once a week at Love INC. Contact Susan Bishop at rootstock411@gmail.com. 810-614-0414.
- **St. Paul Lutheran** (90 Millville St., Lapeer) Soup kitchen serves drive-up meals Fridays at 4 p.m. Food pantry is Thursday from 1-3 p.m., but people must first get a referral from Love INC at 810-245-2414.
- **Trinity United Methodist Church** (1310 N. Main St., Lapeer). Soup kitchen take-out is offered Mondays from 4-5 p.m. Call 810-664-9941

— FOOD PANTRIES —

NORTH BRANCH

- **Community House of Hope**, 5705 North Lapeer Rd., Deerfield Township. For emergency only, by appointment, 11 a.m. to 4 p.m., Tuesday and Friday. Contact Sherry Hooker at 810-441-0322 or directorofhouseofhope@gmail.com.
- **County Christian Church**, 5677 North Lapeer Rd., Deerfield Township. Second Saturdays at 10 a.m. Contact Doug Curtis at 810-793-7417 or countrychristianchurch@gmail.com.
- **North Branch Food Pantry Emergency Aide (NBEA)**, 6727 Saginaw St., North Branch. Once a month for North Branch residents. Contact Theresa Woody at 810-688-2920 or nbfunmom@aol.com.
- **North Branch Wesleyan Church**, 3164 North Branch Rd., North Branch Twp. Contact Pastor Peter Damaska or Pastor Jason Cullin at 810-688-2380 or peter@nbwesleyan.org; jason@nbwesleyan.org for assistance.

COLUMBIAVILLE/OTTER LAKE

- **Columbiaville United Methodist Church**, 4696 Pine St., Columbiaville. Services currently suspended. Contact Becky Martin at 810-793-6363 or columbiavilleumc@gmail.com.
- **Otter Lake Church of the Nazarene**, 12351 East Lake Rd., Otter Lake. Third Friday of the month. Contact Pastor Louis Cook at 810-793-6240 or lscok87@yahoo.com.

OTHER/ONLINE

- **Food Bank of Eastern Michigan**. Mobile pantry. Visit www.fbem.org/programs/mobile-pantry-distributions/#food-pantry for locations and times. Contact Heather Bearden at 810-922-0849 or hbearden@fbem.us.
- **Stone Soup**, 475 South Court St., Lapeer. Supplies for food pantries. Not open to the public. Contact Mary Anne MacLeod at 810-245-0500 or mmacleod@stonesoupfoodpantry.org.
- **MDHHS Food Assistance Benefits MI Bridges**. Apply online at Michigan.gov.



WWW.MIHOMEPAPEER.COM

WE'RE HERE FOR YOU



Tracey Walker,
Executive
Director LACADA

Q. Please give a brief description of what happens after a person contacts your organization for help?

A. When a survivor of domestic and/or sexual violence reaches out to LACADA (Lapeer

Area Citizens Against Domestic Assault) they will talk with a trained advocate who can offer support services for their specific needs like emergency shelter, personal advocacy or assistance with a PPO. LACADA will advocate on behalf of domestic/intimate partner and dating violence survivors and their dependent children and offer survivors; housing advocacy, childcare, transportation, specific assistance, health care advocacy, financial assistance, criminal justice advocacy (court accompaniment/PPOs) and children's services; including childcare.

Q. What is your team doing to remove the stigma of seeking help - be it for mental health, food resources or shelter?

A. LACADA staff will work collaboratively with and provide community education and awareness information to community partners and community systems that are used by domestic/intimate partner violence survivors to reinforce helpful, supportive practices and work to change barriers and reduce the stigma for survivors of domestic and sexual violence.

Q. What is your message of hope to the person reading this?

A. Every person deserves a life free from violence. You are not alone, this is not your fault and we are here for you when you are ready. Please call our confidential helpline 24 hours/7 days a week.

**Have a question for LACADA,
call 810-667-4193**



Veterans SERVICES

MOST COMMONLY USED RESOURCES FOR VETERANS

VA RESOURCES

Lapeer County Department of Veteran Affairs

287 W. Nepessing St., Ste. 2,
Lapeer, MI 48446
810-667-0256 • lapeercountyweb.org
Director/Dept. Head: Pete "Top" Kirley
810-245-6829 • pkirey@lapeercounty.org

Veteran Health Administration (VHA):

VA medical centers and CBOC's HUD-VASH,
Vet Centers. www.va.gov/health

Veteran Benefits Administration (VBA):

Compensation and Pension, Education
Benefits, VOC Rehab. benefits.www.va.gov

National Cemetery Administration (NCA):

Burial and memorial benefits www.cem.va.gov

FINANCIAL ASSISTANCE RESOURCE FOR VETERANS

MVAA- Michigan Veterans Trust Fund: up to \$1,500 for local approval (State Board reviews all appeals and claims over \$1,500). Requires at least 180 days of active duty service during wartime and unforeseen emergency. www.michiganveterans.com "find a benefits counselor" or by calling one 1-800-MICH-VET. 1-800-624-4838

Fallen and Wounded Soldiers Fund (FWSF):

Post 9/11, requires honorable discharge (or currently serving honorably) and an unforeseen emergency. www.FWSF.org 800-397-3729

Forgotten Eagles of Michigan: All requests must come from a qualified BSO or VA officer. www.forgotteneagles.org

— VETERANS SERVICES —

FINANCIAL ASSISTANCE RESOURCE FOR VETERANS (CONT.)

Michigan Bikers Helping Veterans: requires an honorable discharge, unforeseen emergency. Must complete entire application (leave no blanks). www.supportmiveterans.org

Pentagon Foundation: must have deployed to OEF/OIF, honorable discharge, and unforeseen emergency. Can only receive one per household. Applications found online, www.pentagonfoundation.org. Contact 703-838-1200

The American Legion Patriot Fund: up to \$500, one time only. Requires an honorable discharge and an unforeseen emergency. Contact Gary Tanner at gtanner364@gmail.com

Local Veterans Service Organization: AMVETS, VVA, Marine Corps League, DAV, VFW, Purple Heart, and American Legion

FINANCIAL COUNSELING/ADVISING

Military OneSource: 800-342-9647

LEGAL ISSUES

Stateside Legal: Legal help for military members, Veterans, and their families www.statesidelegal.org

University of Michigan Legal Clinic: Washtenaw County only 734-763-2798

Lakeshore Legal Aid: 888-783-8190 www.lakeshorelegalaid.org

VA Claim Legal Assistance: Legal help for veterans, PLLC – 800-693-4800 www.legalhelpforveterans.com



WWW.MIHOMEPAPEER.COM

HOUSING

National Call Center for Homeless Veterans: 877-424-3838

VA HUD-VASH/ Healthcare of Homeless Veterans (HCHV): Must have VA health care. Qualify on individual basis.

Detroit VAMC: 313-576-1580

Ann Arbor VAMC: 734-845-3000

Saginaw VAMC: 989-497-2500 ext. 11773

Battle Creek VAMC: 269-966-5600 ext. 33148

Iron Mountain VAMC: 906-774-3300 ext. 32773

Support Services for Veteran Families (SSVF): Search by county to find local providers. Eviction/ Homeless/ Social Work. Multiple other programs. www.va.gov/homeless/ssvf/

Project Brotherhood Resolve: Located in Lapeer County- Founded to address the growing problem of Veteran Homelessness and Veteran Suicide through intervention: projectbrotherhoodresolve.org/

FEDERAL BENEFITS FOR VETERANS, DEPENDENTS AND SURVIVORS

Federal Benefits for Veterans, Dependents and Survivors Online Booklet: www.va.gov/opa/publications

MENTAL HEALTH SUPPORT

Paul Dery, B.S., Army Veteran
Veterans Navigator
Lapeer County Community Mental Health
Main Office 810-667-0500

Legal Services of Eastern Michigan
800-322-4512
436 S. Saginaw St. #101, Flint, MI 4512
Family, Bankruptcy, Divorce, Estate Planning

MICHIGAN MILITARY VETERANS BENEFITS AND SERVICES

www.michigan.gov/mvaa

VETERAN TREATMENT COURT

<https://www.courts.michigan.gov/administration/court-programs/problem-solving-courts/veterans-treatment-courts>



Counseling SERVICES

ACTS CHRISTIAN COUNSELING - SUSAN LOVELETTE

Counseling services, psychological testing, driver's license evaluations, court ordered assessment. Most private pay insurances, all Medicaid plans, sliding fee scale, payment expected at appointment.

4070 Huron St., SW A, North Branch
810-270-2323
actschristiancounseling.com

CATHOLIC CHARITIES OF SOUTHEAST MICHIGAN

Master level social worker, psychiatrist services offered off site, adults only, Clinton Township. Most private insurance plans, Medicaid plans, sliding fee offered.

700 S. Main St. Sw. 211, Lapeer
810-664-4646 | ccsem.org

CONCEPTS IN COUNSELING

Various types of counseling, no psychiatrist offered. Most private insurance plans, all Medicaid plans accepted, sliding fee scale.

608 Fox St., Lapeer | 810-538-0229

DELTA FAMILY CLINIC SOUTH

Full scale services including eating disorders and a nurse practitioner for prescribing. Most Medicaid plans and most private plans, no sliding fee scale.

1309 S. Linden Rd. Suite C, Flint
810-630-1152
deltafamilyclinicsouth.com

INTIMATE WELLNESS

Adults 18 and over, sexual concerns, complicated grief and trauma. Most Medicaid plans and most private plans, no slide fee.

350 N. Court St., Ste. 208, Lapeer
810-272-9036

iwcMich.com | chelsey.iwc@gmail.com

JOURNEY THERAPY CENTER

Ages 2-15 Behavior Analysis-autism. Medicaid, most private pay, sliding fee.

1100 W. Newark Rd., Lapeer
810-358-0373

journeytherapycenter.com

LAPEER COUNSELING CENTER:

Dr. Daniel J. Kachman, Ed. D., P.C.

Full scale counseling services.

Most private pay insurances and Medicaid accepted.

454 S. Main St., Sw. 208, Lapeer
810-664-4363

lapeercounselingcenter.com

LAPEER COUNTY HEALTH DEPARTMENT

Outpatient treatment for people with substance abuse and addictions problems. Most insurance plans, sliding fee scale.

1800 Imlay City Rd., Lapeer
810-667-0448

lapeercountyweb.org click on Health Department

Resources provided by Lapeer County Community Mental Health

— COUNSELING SERVICES —

LIFE RESOURCE CENTER:

Tim Campbell MA, LPC, BCPCC
Full scale services.

All Medicaid plans, sliding scale.
431 N. Court, SW 203, Lapeer
810-338-6315

christiancounselinglapeer.com

LIST PSYCHOLOGICAL SERVICES

Various types of counseling/therapy and offers a nurse practitioner for stabilizing medications short term only. Booking is one month out. Most private insurance and only McLaren, Meridian, Molina, and BC Complete for Medicaid plans, no sliding fee scale.

624 W. Nepessing St SW 300, Lapeer
810-667-4500

listpsych.com

DR. MATHEWS PSYCHIATRIST | DR. AILLS PSYCHIATRIST

No treatment of ADD or ADHD, Adults only except for ages 12 and over.

No Medicaid or Medicaid/Medicare combination. Medicare or McLaren Medicaid. Most private insurance. No sliding fee scale.

4448 Oakbridge Dr. Ste A, Flint
810- 230-7905

OAKLAND PSYCHOLOGICAL CLINIC

Psychiatrist available for ages 3 and up.

Counseling for all ages, family, marriage and older adults. Most assessments.

No Medicaid plans, however most private pay accepted, no sliding fee scale, but ask about payment plan.

1455 S. Lapeer Rd., Suite 75 North,
Lake Orion | 248-393-5555

oakpsych.com

RECOVERY PATHWAYS: DR. HEASLEY

Psychiatrist

Adults only, no children. Treatment for addictions and psychiatry.

Most private insurances, Medicaid, Healthy MI Plan, Medicare, CHIP and VA are accepted.

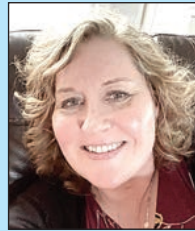
Funding Assistance/Discounts.

380 Mill St., Ortonville
248-961-3088

recoverypathwaysllc.com

WWW.MIHOMEpaper.COM

WE'RE HERE FOR YOU



Mary Shelton-Wiese,
Executive Director Family Literacy Center

Q. Please give a brief description of what happens after a person contacts your organization for help?

A. We will find out what the person's goal is and gather basic information over the phone. We will then set up an in-person appointment

to assess his/her skills through a standardized test. The test lets us know where to start with the student based on the goals and skill level of the student. We will match the student with a tutor to help them improve their skills. We support the student's efforts throughout the process of reaching his or her goals.

Q. What is your team doing to remove the stigma of seeking help - be it for mental health, food resources or shelter?

A. Every year, one in six high school students drop-out of school. There are many reasons this happens. With hard work and dedication, we can help students get their GED. This opens many doors to employment, training and college. Getting your GED can change your life.

Q. What is your message of hope to the person reading this?

A. We want to help you achieve your goals. Currently, about 60 % of our students are under age 24. Most are working toward getting their GED. We are here to help them get ready and help them get through the process. We can also help with career training, college enrollment and job searching.

Have a question for the Family Literacy Center, call 810-664-2737

Support GROUPS

DOMESTIC VIOLENCE SUPPORT GROUP

Similarities and connections are discovered when Survivors come together to share their experiences.

Wednesdays, 5 – 6 p.m.
LACADA Outreach
1127 Clark Rd., Lapeer
810-667-4175

SUICIDE SURVIVOR GROUP

For individuals who have lost a loved one to suicide. This group provides families a safe place to talk about their loss, to grieve and begin to heal.

1st and 3rd Tuesday of every month,
6 – 7:30 pm
St. Matthew's Church,
Upstairs Conference Room
431 N. Court St., Lapeer
Tim Campbell, LPC
810-338-6315 | greatlakestim@gmail.com

GRIEF SHARE

For those who have lost a loved one.
Senior Center Imlay City in the Lambsteel
Building on Third Street
Pre-register by calling 810-724-6030

HEARTLAND HOSPICE (LAPEER)

Grief Support through Heartland Hospice
Last Tuesday of every month from 2 - 3 p.m.
Flushing Senior Center
106 Elm St., Flushing
888-427-6818

NEW TOMORROWS GRIEF SUPPORT

Free ongoing grief education and support for anyone who has experienced the loss of a loved one.
Call 810-496-8625 for
next schedules series and times.

Resources provided by
Lapeer County Community Mental Health

WE'RE HERE FOR YOU



**Lauren
Emmons, CEO
Lapeer County
Community
Mental Health**

Q. Please give a brief description of what happens after a person contacts your organization for help?

A. We help anyone dealing with an immediate crisis, provide information about our services and community resources, and if they want to enroll in our services, we connect them with Region 10 PIHP.

Q. What is your team doing to remove the stigma of seeking help - be it for mental health, food resources or shelter?

A. We are currently promoting our tagline: "No health and wellness without mental health and wellness." We also work to connect people with resources that meet any need that they may have, like housing, food and health care.

Q. What is your message of hope to the person reading this?

A. It takes strength to admit you need help, courage to ask for help and hope to search for help after a crisis. If you need help, seek out the care and support offered at CMH. We're here for you.

**Have a question for Lapeer
County Community Mental Health,
call 810-667-0500**

7 Signs of a Mental Health Condition

Mental illness doesn't discriminate. A mental health condition can affect anyone regardless of age, socioeconomic status, ethnicity or gender

The numbers are staggering. The National Alliance of Mental Illness reports nearly 44 million Americans experience a mental health condition every year — that's about one in five adults. And there is no doubt that everyone in the state of Michigan is living in crisis mode with the spread of COVID-19; schools and businesses closed, social distancing and most of our time spent at home. This can be very stressful. In fact, 36% of Americans say that the COVID-19 pandemic has had a serious impact on their mental health, according to the American Psychiatric Association.

Mental health affects everything—it's our emotional and psychological state of mind impacting how we think, feel and act. But when something feels out of whack, it can pose issues to your day-to-day routine and wellbeing, but unlike illnesses of the rest of the body, mental illness has been swept under the rug for many years because it hasn't been as widely accepted as a serious medical issue.

It's important to remember that everyone will experience anxiety and sadness at some moment in their life. However, when that anxiety and sadness is overwhelming and occurs regularly, a mental illness may be the cause and you should seek help. You don't have to live with the symptoms; there are resources available to feel better.

While every mental illness is different, here are seven common signs to help determine if you or a loved one may be suffering:

1. CHANGE IN FEELINGS OR Demeanor

When a person is suffering from a mental illness, they may experience increased feelings of worry, panic, sadness or hopelessness.

2. LOSS OF INTEREST

They may start avoiding friends, family and activities that used to once bring pleasure.

3. CHANGE IN SLEEPING HABITS

Sleeping patterns may change to sleeping too much or too little, especially when compared to previous sleep routines.

4. LOW ENERGY

This can manifest itself as either sleeping too much or having the inability to carry out everyday activities and tasks such as work or even self-care.

5. DIFFICULTY INTERACTING

Many times people with a mental illness will find it hard to understand or relate to others. This may also present as extreme irritability with others or themselves.

6. APPETITE OR WEIGHT CHANGES

Dietary changes, whether it is excessive eating or little to no eating, is a large indicator of depression.

7. UNCONTROLLABLE EMOTIONS

A distinct, rapid mood swing from sadness to happiness, or similar emotions on opposite ends of the spectrum, may be an indicator of mental health struggles.

If any of these symptoms sound familiar, the best thing to do is to ask for help with your family doctor or a mental health resource. By getting help, you can take control of your symptoms and in many cases, recover completely. Here are some options, if you've decided you could use some help:

Continued on next page ►

WE'RE HERE FOR YOU



**Glenda Brady,
Executive
Director Love INC**

Q. Please give a brief description of what happens after a person contacts your organization for help?

A. When Love INC receives a call from a neighbor in need we first of all want to hear

their story. We ask simple questions like, "What's going on?" "What kind of help are they looking for?" If it's something that we, or one of our partners can help with we will schedule an intake appointment. An intake appointment is done through our Clearinghouse. Intakes take about half an hour, and they help us gather information about the situation and clear our neighbors for services with our partner organizations and churches.

Q. What is your team doing to remove the stigma of seeking help - be it for mental health, food resources, shelter, etc.?

A. At Love INC we don't have clients. We have neighbors. Today someone may be a neighbor in need, but tomorrow they may be a neighbor who serves, or a neighbor and partner. Every neighbor, regardless of what stage of life they are in, is valued, respected and treated as a friend.

Q. What is your message of hope to the person reading this?

A. Love INC of Greater Lapeer serves all of Lapeer County. You are not alone. You are valued. You are loved in the name of Christ.

**Have a question for Love INC,
call 810-245-2414**

Continued from previous page

• **Your health insurance company.** Check with your health plan to see which resources are available. For example, Priority Health provides members with information like what kind of help is available, what your plan will cover and how to find counselors or behavioral health care providers to meet your needs. An on-staff behavioral health team is available to help 24 hours a day, seven days a week. Call the number on the back of your member ID card (your call is completely confidential) or log into your online account. Priority Health has also partnered with a digital health specialist to offer free access to mental wellness resources specifically focused on the COVID-19 pandemic.

• **Disaster distress helpline.** A 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

• **Online or virtual care.** Try an online therapy session through a website such as 7 Cups, an online emotional health service provider. The app enables users to select listeners based on their preferences/experiences and anonymously chat via the platform 24/7. In times of emotional turmoil or stress, it is highly beneficial to talk to someone and this app offers a safe space to do that. Headspace is another free mental health resource for Michiganders during the COVID-19 pandemic offering meditations, at-home workouts and other help for stress and anxiety.

• **Community resources.** For Michiganders in need of free or low-cost mental health, the Michigan Department of Health and Human Services has a county map of community mental health service programs.

Whatever tools you use for help, take the time to make your mental health a priority. Your mind and health are certainly worth it.

About the Author: Molly McCoy is the Director of Sales & Client Services, East Region at Priority Health. With more than 30 years of insurance experience, Molly is committed to growing Priority Health's footprint in the eastern region. She is also a mental health first aid instructor and is certified through the National Council for Behavioral Health.



GET Help Now

EMERGENCY CALL 911

NATIONAL SUICIDE PREVENTION LIFELINE:

1-800-273-TALK (8255)

For Spanish press 2

DIAL 211 FOR ACCESS TO:

Basic human needs, physical and mental health, employment support, support for older Americans and persons with disabilities, support for children, youth and families, crisis calls

LAPEER COUNTY COMMUNITY MENTAL HEALTH

1570 Suncrest Dr. 810-667-0500

LAPEER COUNTY SHERIFF

810-664-1801

LAPEER POLICE DEPT.

810-664-0833

LAPEER TOWNSHIP POLICE

810-664-3700

STATE POLICE - LAPEER POST

810-664-2905

METAMORA TOWNSHIP

810-678-2237

ALMONT POLICE DEPARTMENT

810-798-8300

DRYDEN TOWNSHIP POLICE DEPARTMENT

810-796-2271

IMLAY CITY POLICE DEPARTMENT

810-724-2345



THANK YOU TO OUR Community PARTNERS

