

Crisis Resources

If you are in crisis or overwhelmed by the events of the day, consider calling to talk with a trained counselor-

Macomb County 586-307-9100
Oakland County 800-231-1127
Wayne County 844-296-2673

OR

Text "Hello" to 741-741

24 Hour Supports:

National Suicide Prevention Lifeline (24 hours)

Call: 800-273-8255 or Text "Hello" to 741-741

Macomb County Crisis Line (24 hours)

586-307-9100

CARE of SE Michigan (Substance Abuse, Counseling and Parenting Resources)

586-541-2273

Web Resources

The National Child Traumatic Stress Network: Parent/ Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 (COVID-19)

http://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

American Academy of Experts in Traumatic Stress: Helping Children Cope Emotionally with COVID-19

<https://www.aaets.org/helping-children-cope-emotionally-with-coronavirus>

Child Mind Institute:

A link specifically about talking to kids about the Coronavirus:

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Crisis Management Institute:

A week by week link of resources and information for parents.

<https://parents.cmionline.com/>

Action for Healthy Kids:

<https://www.actionforhealthykids.org/healthy-activities-to-do-at-home/>