



RESOURCES TO PROTECT YOUR MENTAL HEALTH

(no health insurance required)

Blue Cross Blue Shield of Michigan (BCBSM) is offering a **free crisis hotline** for **emotional support** for members and non-members at **833-848-1764**, which is staffed by BCBSM's behavioral health partner New Directions.

Michigan Department of Health and Human Services (MDHHS) launched a statewide **warmline for Michigan residents living with mental health challenges** including anxiety, depression and trauma. It is available 7 days a week from **10 a.m. to 2 a.m.** at **888-PEER-753** (888-733-7753).

Gov. Whitmer and Headspace have launched **'Stay Home, Stay Mindful'** website with **free mental health resources**.

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

Detroit Wayne Integrated Health Network (DWIHN) encourages use of **myStrength's** web and mobile tools to help you overcome the challenges & stay mentally strong. Visit www.mystrength.com and click on "Sign Up," Enter the Access Code DWIHNc. And complete the myStrength sign-up process and personal profile.

Detroit Wayne Integrated Health Network (DWIHN) **Mental Health Crisis Helpline: (800) 241-4949** (24/7)

If you're feeling alone and struggling, The American Foundation for Suicide Prevention urges you to reach out to **The Crisis Text Line** by texting **TALK to 741741** or **National Suicide Prevention Lifeline** at **1-800-273-TALK**.

visit gcfb.org/health-at-gleaners/ for additional health resources