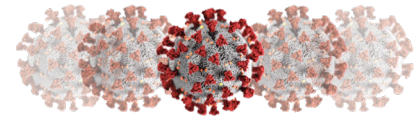


# COVID-19 HOTLINES

# JCAN

JACKSON COVID-19 ACTION NETWORK



## LOCAL RESOURCES

### 24/7 **Aware 24-Hour Crisis Line**

1 (517) 783-2861

Persons in Jackson County experiencing domestic or sexual violence.

### **Center for Family Health COVID-19 Pre-Screen**

1 (517) 748-5363

Persons seeking drive through testing information and locations.

### 24/7 **Central Michigan 211**

2-1-1 or 1 (517) 789-1211

**Multilingual**

Persons seeking information and referral for health and human service needs.

### **Henry Ford Allegiance Health COVID-19 Pre-Screen**

1 (313) 874-1055

Persons seeking drive through testing information and locations.

### **Henry Ford Allegiance Health Access & Crisis Referral Helpline**

1 (800) 531-3728

Persons seeking help with mental health concerns.

### 24/7 **LifeWays Community Mental Health**

1 (800) 284-8288

**Multilingual**

Persons needing support due to suicidal crisis, mental health concerns, or emotional distress.

## MICHIGAN RESOURCES

### **MDHHS COVID-19 Hotline**

1 (888) 535-6136

**Multilingual**

Michigan residents needing basic COVID-19 information, senior citizen support, and crisis counseling for emotional distress related to COVID-19.

### 24/7 **Headspace**

[headspace.com/mi](https://headspace.com/mi)

Free Mindfulness and Meditation Exercises.

### **Healthcare Provider Support Hotline**

1 (888) 910-1636

Michigan healthcare personnel needing support.

### **Peer Warmline**

1 (888) 733-7753

Michigan residents with severe and persistent mental illness needing peer counseling.

## NATIONAL RESOURCES

### 24/7 **Crisis Text Line**

Text RESTORE to 741741

Persons needing crisis counseling via text.

### 24/7 **National Disaster Distress Helpline**

1 (800) 985-5950 or Text 66746

**Multilingual**

Persons needing crisis counseling and support for emotional distress related to natural or human-caused disasters.

### 24/7 **National Suicide Prevention Lifeline**

1 (800) 273-8255

[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

**Multilingual**

Persons needing emotional support due to suicidal crisis or emotional distress.