

JULY 7, 2020

VOICES



Healthy Ways to Cope with Stress

- Know what to do if you are sick and are concerned about COVID-19.
- Know where and how to get treatment and other support services and resources.
- Take care of your emotional health.
- Take breaks from talking about, watching, or listening to news stories, including those on social media.
- Take care of your body.
- Make time to unwind.
- Connect with others.
- Connect with your community- or faith-based organizations.



Learn more by viewing the full resource: [click here](#).

Find these Words!

- CLEAN
- COVER
- DISTANCE
- HEALTHY
- MASK
- SAFE
- SANITIZE
- WASH

L T U A Z D U V N Y S F G F C
 H O Y E M E Y X N A P H E W I
 C D E D O N G Q F J K W A O A
 M A K M R C L E A N Z K I P M
 Y W S E A D H W V V V A M T U
 L O V V A S Q A Y R S X K E Z
 F O R C Y A K S H B N C K Q Z
 C K E U C H Z H T Z Z M E I I
 F R C Z P D Z Z L N U E G O N
 T P N T I X U H A P Y C B M C
 J K I H A T C Q E M M V C B X
 E C N A T S I D H J L P Y S H
 R Z W M J K O N R H L I Z Q V
 Y A B D V I R A A Z O V Y D Q
 P C V L S J G H X S A A H G Z



DO THE FIVE

to stop COVID-19

- 1. HANDS** wash them often
- 2. ELBOW** cough into it
- 3. FACE** don't touch it
- 4. SPACE** keep safe distance
- 5. HOME** stay if you can

Learn the Facts

It's important to be able to tell what information about COVID-19 is accurate and helpful. Figure out whether statements are facts with these Virus Mythbusters: [click here](#).

Need Help?



Do you have any questions or need help accessing any part of this newsletter? Contact Customer Service at 517-346-8244 or customerservice@ceicmh.org.

Free Tax Service

Capital Area United Way is excited to offer free tax services clients can access from the comfort of their home! If you haven't filed yet, remember that taxes are due on July 15th, 2020.

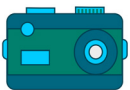
Here is an overview of the process:



1. Gather your documents and visit micauw.org/free-tax-help



2. Answer some quick questions regarding your tax information



3. Take pictures and upload your tax documents



4. An IRS-certified volunteers will review your documents and begin preparing the return



5. An IRS-certified volunteer will call to quality review your return and then e-file if everything is correct.

Writer Spotlight

Find out how one consumer is taking care of themselves and coping during this time of new routines and physical distancing in the story below.



Do you have a story, poem, joke, or something else that you think could be shared in a future issue of this newsletter? Contact Customer Service at 517-346-8244 or customerservice@ceicmh.org.

Taking Care of My Life

by Anonymous

I am taking care of my mental health while staying quarantined. I am being creative writing for newsletter like this one, and most of all making the best of each day. Finding light in the storm. There is time to be creative, read, write, draw, send letters, and making time to call friends and click into Charter House, and other mental health services that are still available.

Questions About COVID-19?



Call the COVID-19 Hotline at 888-535-6136, 7 days a week from 8 a.m. to 5 p.m.



Email COVID19@michigan.gov 24/7. Emails will be answered 7 days a week, 8 a.m. to 5 p.m.



Subscribe to e-newsletter updates at Michigan.gov/Coronavirus.



The most up-to-date and accurate information about COVID-19 can be found through local health departments and the CDC. Visit the websites of the following agencies by clicking the buttons below:

Ingham County Health Department

Mid-Michigan District Health Department

Barry-Eaton Health Department

Michigan Department of Health and Human Services

Centers for Disease Control and Prevention

For news and information from CMHA-CEI, visit our website at www.ceicmh.org and Facebook page at www.facebook.com/CEICMH.