

MAY 12, 2020

VOICES



New Consumer Newsletter!



During this time of social distancing and isolation due to the COVID-19 pandemic, it's important that we stay connected in new and creative ways. It is our hope that this newsletter will bring you resources, information, and a sense of connection.

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

Walk a Mile Update

The Community Mental Health Association has decided to cancel the Walk A Mile Rally at the State Capitol on May 14, 2020. A new date to rally and be heard by our State Legislators has been scheduled for September 29, 2020! More details will be sent out as they become available.

The deadline for the t-shirt design contest submissions has also been extended to July 30, 2020. Entries can be submitted to Becki West at westr@ceicmh.org.



Crisis Text Line

Need mental health support for anything from anxiety and financial issues to suicide and domestic violence? Text RESTORE to 741-741. Available 24 hours a day, seven days a week.

MDHHS Peer Warmline

Certified Peer Support Specialists can provide support, resource referral, and shared experience of recovery and hope. Call 888-733-7753 to speak with a peer. Available 10:00 AM - 2:00 AM, 7 days a week



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

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

NAMI Caring and Sharing Virtual Groups

Connection Support Group

Mondays and Thursdays
Time: 7:00 - 8:00 PM

A confidential and safe support group for adults living with mental health conditions. Please pre-register at this link: [click here](#)

Family Support Group

Thursdays
Time: 4:00 - 5:00 PM

A confidential support group for loved ones of individuals with mental health conditions. Please pre-register at this link: [click here](#)

Tuesday Tea and Talk

Tuesdays
Time: 12:30 - 1:30 PM

A chance for anyone to touch base and talk about how our new reality is impacting our lives and mental wellness.

No registration required, join meeting at this link on scheduled date and time: [click here](#)



Self-Care During Social Distancing

Read the full article from Mental Health First Aid for more tips: [click here](#)

1. Eat healthfully to keep your body in top working order.
2. Exercise reduces symptoms of depression and anxiety, whether we're working out at home or taking a solo jog around the neighborhood.
3. Practice relaxation therapy. Focusing on tensing and relaxing muscle groups can help you relax voluntarily when feeling overwhelmed, stressed or anxious.
4. Let light in. For some people, increased exposure to light can improve symptoms of depression. If you can, open the shades and let more sunlight in.
5. Be kind to yourself! Treat yourself with the same compassion you would a friend.



Looking for something relaxing to do? Try a coloring page- they're not just for kids! Check out some free printable pages: [click here](#)

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

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