

JUNE 2, 2020

# VOICES



**Community**  
MENTAL HEALTH  
CLINTON • EATON • INGHAM  
Together we can.

## Safely Visiting Parks and Recreation Areas

As the weather continues to get warmer and the days get longer, it's a great idea to spend more time outside. Parks, trails, and other open outdoor spaces are a perfect place to get exercise and fresh air while still maintaining social distancing.

The guidelines below can help you to keep yourself and others healthy and safe.



To find a local park or trail, [click here](#). For more information about safely visiting parks and recreation areas, [click here](#).

### DO

-  Visit parks that are close to your home
-  Prepare before your visit
-  Stay at least 6 feet away from others ("social distancing") and take other steps to prevent COVID-19
-  Play it safe around and in swimming pools. Keep space between yourself and others.

### DON'T

-  Visit parks if you are sick or were recently exposed to COVID-19
-  Visit crowded parks
-  Use playgrounds
-  Participate in organized activities or sports

## Get In Touch!



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](mailto:customerservice@ceicmh.org).



### 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

## Michigan Pandemic Resource Guide

For information on programs that can support Michiganders in different areas around the state during the COVID-19 pandemic, [click here](#).

For news and information from CMHA-CEI, visit our website at [www.ceicmh.org](http://www.ceicmh.org) and Facebook page at [www.facebook.com/CEICMH](https://www.facebook.com/CEICMH).

## Webinar: Coping with COVID-19 for People Receiving Supports

In this session we will talk about how hard things are because of COVID-19. What is true and not true will be talked about. There will be time for questions and comments and some fun as well.

Date: 06/08/2020  
Time: 1:30-3:00 PM  
To register, [click here](#).

## FCC Lifeline Program Offers Discounts for Phone and Broadband Service

The Federal Communications Commission (FCC) Lifeline program has monthly discounts on phone and broadband service for qualifying low-income consumers.

Information about getting and applying for Lifeline can be found here: [Click to View Lifeline Application Information](#)

## Commonly Asked Questions

### When can I start receiving services in-person again?

CMHA-CEI is rolling out a gradual approach to returning to full operations while maintaining a continued focus on protecting consumers and staff. The tentative target date to begin Phase 1 of the recovery plan is June 8th.

Find out more about the CMHA-CEI Phased-In Recovery Plan on our website: [click here](#).

### What if I am in crisis?

Crisis Services including walk-ins at 812 E. Jolly Road in Lansing are **still available**. Contact Crisis Services at 517-346-8460.



Work on a new jigsaw puzzle without having to go pick one up in the store- try an online puzzle! Visit Jigsaw Planet by clicking this link: [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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