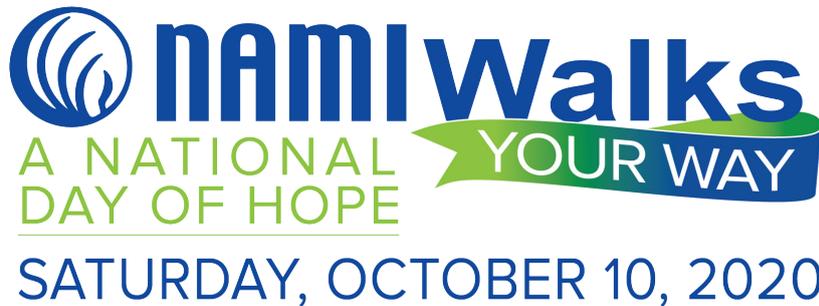


AUGUST 26, 2020

# VOICES



## Join Us: NAMIWalks Your Way, a Virtual Event



Join us (virtually) on Saturday, October 10th for this year's NAMIWalks: A National Day of Hope- an event aimed at raising awareness of mental illness and celebrating Mental Health for All during this demanding year of challenges and changes.

CMHA-CEI has established a team that you can join to participate in the National Day of Hope. Register for NAMIWalks Your Way Grand Rapids chapter and search for "Community Mental Health Authority CEI" join our team. Learn more and get involved by visiting the NAMI-Walks website: [click here](#).

## AMHS Video and 2019 CMHA-CEI Annual Report

Although we were not able to unveil the 2019 Annual Report or the new inspiring Adult Mental Health Services video at the 2019 Annual Breakfast as expected, we are very excited to be able to share them now. The Annual Report is available for download on our website or by [clicking here](#).

To view the video, click the image on the right!



## Family Engagement Resources

The Michigan Department of Education has compiled a list of family engagement resources. View their list by following this link: [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](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

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).

# Coping with the Pandemic: A 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 similar 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](mailto:customerservice@ceicmh.org).



## By Simone T.

COVID-19 has been a challenging time for me. During the state's shut-in order, I have been using the skills that I have learned from CMHA-CEI, to help me cope with the pandemic. I miss going to church, the library, meeting with friends, going to the movies, getting my hair done and shopping. I have been making sure that I keep in touch with my mom, case manager and friends, to avoid isolation. I have kept my apartment clean, preparing healthy food and walking.

The Consumer Advisory Council is important to me and it does great things.

My passion is to learn more about Black History, Martin Luther King Jr., is my favorite.

I can't wait until I will be able to starting doing the things that I like to do again.

## 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](mailto: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](https://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](http://www.ceicmh.org) and Facebook page at [www.facebook.com/CEICMH](https://www.facebook.com/CEICMH).