



## Mental Health Resources in Washtenaw County

### ***If a friend is talking about hurting themselves or others (or you are having these thoughts):***

Tell a trusted adult right away—a parent, teacher, counselor, school support staff, principal, or any health professional

Tell the person's parent or your own parent, if you think s/he will be helpful—even if this makes you nervous

Call the Suicide Prevention Lifeline at 1-800-273-TALK (8255) or

1-888-628-9454 for Spanish-speaking callers

Ozone Crisis Line at 734-662-2222 or 911 so that a professional can help you determine next steps to keep your friend, yourself, or others safe. ***When in doubt, call immediately!***

Washtenaw County Community Mental Health Access/Crisis line at 734-544-3050

### **Supports for Community Resources**

Washtenaw County Community Mental Health Access/Crisis line 734-544-3050

U of M Depression Center Visit <http://www.depressioncenter.org/> or call 734-936-4400

RAHS (Regional Alliance for Healthy Schools) Visit <http://umhs-rahs.org/> or call 734-988-2163

Ele's Place Visit <http://www.elesplace.org/> or call 734-929-6640

Ozone House Visit <http://ozonehouse.org/how-we-help/counseling/> or call 734-662-2222 (Crisis Line)

Corner Health Visit <http://www.cornerhealth.org/> or call 734-484-3600



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**How do you cope and deal with symptoms of Anxiety and Depression?**

**Check out this list of 99 coping strategies:**

<http://www.yourlifeyourvoice.org/pages/tip-99-coping-skills.aspx>

**Strategies that you can use when feeling overwhelmed:**

***“Use a mindfulness App”*** (try out Smiling Minds, Take a Break! Stop/Breathe/Think, Grow:

Mindfulness for Teens, Take a Chill, or Headspace)

- Talk to someone you trust
- Journal or free write
- Draw/color/paint/doodle
- Listen Deep Breathing Spend time with family or friends or people you enjoy
- Write a letter to yourself or someone else (even if you don't send it)
- Do a hobby that you enjoy: exercise (walk, run, play a sport, swim, dance, stretch, etc)

**Places to chat/text/websites:**

<http://www.crisistextline.org/> or <http://www.yourlifeyourvoice.org>

***Numbers to text:*** Text VOICE to 20121 or text GO to **741741**

OKAY2SAY 1-855-565-2729 TEXT-652729    [okay2say@mi-gov](mailto:okay2say@mi-gov)

**Websites to look at: Resources & References**

National Suicide Prevention Lifeline <http://www.suicidepreventionlifeline.org/>

<http://youmatter.suicidepreventionlifeline.org>

Society for the Prevention of Teen Suicide <http://www.sptsusa.org/teens>

American Psychological Association [www.apa.org](http://www.apa.org)

Centers for Disease Control and Prevention [www.cdc.org](http://www.cdc.org)

Kids Health [www.kidshealth.org](http://www.kidshealth.org)

National Alliance on Mental Illness [www.nami.org](http://www.nami.org)

The National Child Traumatic Stress Network [www.nctsn.org](http://www.nctsn.org)

Web MD [www.webmd.com](http://www.webmd.com)