



HEALTH DEPARTMENT

Caring today for a healthy tomorrow

*To serve, protect and promote a
healthy community for all.*

Mental Health & COVID 19 Resources for Kent County

Michigan Warmline

888-733-7753

10:00a.m. - 2:00a.m

seven days a week.

The warmline is for individuals living with persistent mental health conditions such as anxiety, depression and trauma.

National Suicide Prevention Lifeline

800-273-8255

Text: "Talk" to 741741

En Español: 888-628-9454

Disaster Distress Helpline

1-800-985-5990

Text: "TalkWithUs" to 66746

Stay Mindful

<https://www.headspace.com/mi>

Michigan's site for free mental health resources during COVID-19. The site includes meditation, sleep, and movement exercises.

Vibrant Emotional Health

www.vibrant.org/safespace

"Safe Space" provides resources and tools to provide you with extra support in an emotionally safe environment.

be nice. Navigating your Mental Health During Quarantine

www.benice.org

Find podcasts, videos & activities to stay mentally healthy during COVID-19.

2-1-1 Heart of West MI United Way

Call 2-1-1 or 1-800-887-1107

Text your Zip Code to 898211

Information and referral services.

Arbor Circle

616-456-6571

Mental health services for all ages.

Cherry Health - Counseling Services

Adults: 616-965-8291 Child: 616-422-5296

Appointment needed.

Family Outreach Center

616-247-3815

Provides high-quality behavioral health services with a focus on low-income, underinsured and uninsured families and children.

Mental Health Hospitals 24/7**Forest View Hospital**

800-949-8439

Pine Rest Christian Mental Health Services

800-678-5000 or 616-455-9200

Network 180

616-336-3909

800-749-7720

24/7 - Medicaid and the Uninsured

Pine Rest Urgent Care Center

616-455-9200

Provides immediate assessment and treatment for people experiencing acute psychiatric symptoms.

Kent County Health Department Website:**<https://www.accesskent.com/Health/covid-19-mental-health.htm>**