



What to do if you experience a crisis?

A pandemic can bring up negative emotions for many people. Tension from increased demands, financial strain, family conflict, and a feeling of busyness or being overwhelmed are quite common, as are feelings of grief related to loved ones we've lost, loneliness, or distance from people we care about.

Additionally, feelings of low mood can increase in the fall and winter season for individuals who struggle with seasonal mood changes, or those who have low vitamin D levels.

What can I do to prevent a crisis from happening?

Self-care becomes increasingly important during this time. Sticking to established routines of exercise, good sleep hygiene (behaviors that encourage restful sleep), taking our medication regularly and following other medical recommendations, keeping up with therapy and other medical appointments, nutritious eating, and other care for the body and mind (such as yoga or meditation) are vital to our ability to cope.

If you are new to self-care activities, or even if you are already practicing some of these behaviors, it may initially feel like too much to try to add something else on top of your already busy routine. However, increasing these activities during times of stress helps your brain and body cope with the additional pressure they are under, so that adding in the extra activity may actually lead to more relief, overall.

Consider adding one 15 minute walk per day, listening to one guided meditation recording, or going to bed an hour early, as a start.

Where can I find resources for self-care?

Corktown Health Center has many excellent programs to help support good mental health, in addition to Behavioral Health Services.

Please consider investigating our Keep it Movin' physical and nutrition program, as a place to start.

Additionally please consider the following:

Headspace - free for Michigan residents. Includes free meditations, sleep and relaxation exercises, as well as resources for kids. Go to [Headspace.com/Michigan](https://www.headspace.com/michigan) to download the app.

Search for **free yoga or guided meditation videos** on [youtube.com](https://www.youtube.com) on your smart phone or computer.

Some **Public Libraries** also have CDs and books that can be checked out for free using socially-distant pick-up services. Netflix and other subscription services offer excellent workout videos, cooking demonstrations, and more.

Writing in a journal can be an excellent way to get negative emotions off your chest. See these guidelines at Mental Health America for tips - <https://screening.mhanational.org/content/how-keep-mental-health-journal> (or ask your therapist or case manager to print them for you).

What if I still don't feel better?

Reaching out for help when you need it is an important skill, and it is a smart and strong thing to do.

If you are already enrolled in therapy services, your therapist can help you identify the difference between negative feelings that will pass, and a crisis that needs immediate attention. Over time, your therapist can also assist you in learning skills to address feelings of distress and overcome them by yourself. When in doubt, however, it is always best to be cautious and take your feelings seriously.

If you are feeling like harming yourself, harming someone else, or feeling concerned that someone will harm you, please call 911, to make sure that someone can assist you immediately. Once you are safe, please notify your care manager or therapist, and update them about your situation.

If it is not a crisis like the examples provided above, but you recognize that you still need help, you can contact your care manager or therapist during office hours. Keep in mind that some Corktown staff are helping others in need. If you do not reach someone immediately, please leave a message indicating that you are experiencing an urgent need and request a return call. Staff are generally able to return your call within 24-48 business hours.

If it is after hours (5pm), during our holiday break or national holiday, or your care manager or therapist is unavailable, please make you use the following crisis services:

The COPE Center – this is a local organization, available by phone or for in-person services, on a 24/7 basis. Please call 1-734-721-0200, or proceed to their location at 33505 Schoolcraft Rd. #3, Livonia MI, 48150. Staff are on-site to assess mental health emergencies, assist with medication, in-patient care coordination, and more.

National Suicide Prevention Hotline – a toll-free, 24/7 crisis service, available in both English and Spanish. Call 1-800-273-8255

Contact the **Crisis Text Line** – text HOME to 741741 to be connected with a counselor.

Trans Lifeline – Crisis line serving transgender individuals. Support staff available 10am-4am EST. Call 1-877-565-8860.

The Trevor Project – Resources and crisis support for LGBT youth, featuring a 24/7 toll-free hotline, website, and a text-based crisis service. Text START to 678678 or call 1-866-488-7386.

Community Mental Health – State funded mental health and substance abuse services available to those who are uninsured or below a certain income level. Callers will be connected to a staff member who will assess callers' needs and schedule an urgent appointment, if necessary. Call 1-800-241-4949 (Wayne County Centralized Access), 1-800-231-1127 (Oakland County Mental Health Services) or 1-248-464-6363 (Oakland County Substance Abuse Services).