

# COVID-19 Support Line



**Monday through Friday, 8:30 am – 4:30 pm**

- Do you need someone to talk to?
- Are you struggling with feelings of isolation or loneliness?
- Are you a first responder, essential employee, or medical professional on the front lines and struggling with burnout, anxiety, or depression?
- Are you sick at home, or caring for a sick family member and dealing with fear, stress, or depression?

If you answered yes to the above questions, or just want to talk, call the number listed below. Mental health professionals are there to help.

**(517) 237-7100**



\*COVID-19 Support Line is available to anyone in Clinton, Eaton, or Ingham Counties. You do not need to be using CMH services, or have a mental health diagnosis of any kind. This line should not be used for crisis calls or medical emergencies. The COVID-19 Support Line is not meant to take the place of therapy/counseling or to treat or diagnosis any physical or mental health condition. If the mental health professional determines that the issue is more severe than the COVID-19 Support Line can manage, they will refer people to appropriate resources.