

Mental Health Resources and Pre-Plan Checklist

Where do you turn for help when it comes to your mental health?

WHY CREATE A MENTAL HEALTH PLAN?

You may have a plan for your physical health that includes things like nutrition, sleep and medical care, but do you have one for your mental health?

Inside, you'll find resources and suggestions for you or someone else who needs help, plus some tools to assist in making a plan. There is no right or wrong mental health plan, there is just the one that works for you.

If you or someone else has a medical or mental health emergency or requires immediate assistance **dial 911**.

If you are experiencing a suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress, or if you are worried about someone who may need crisis support **dial 988**.



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GREAT LAKES BAY REGION MENTAL HEALTH CRISIS, SUPPORT, AND TREATMENT RESOURCES

The following is a growing list of mental health resources and is not intended to be fully comprehensive.



CRISIS NUMBERS

911 Emergency Medical Services: Dial 911

988 Suicide and Crisis Lifeline: Dial 988

Crisis Text Line: Text HELLO to 741741

National Domestic Violence Hotline: 1-800-799-7233

National Sexual Assault Hotline: 1-800-656-4673

SAMHSA Disaster Distress Helpline: 1-800-985-5990

SAMHSA National Helpline: 1-800-662-4357

Trans Lifeline: 1-877-565-8860

Trevor Project (LGBTQ+ Suicide Prevention):
1-866-488-7386

Veterans Crisis Line: Dial 988 and press 1

REGIONAL CRISIS NUMBERS

Bay Arenac Behavioral Health:
1-800-327-4693

Community Mental Health for Central Michigan
(Serving Clare, Gladwin, Isabella, Mecosta, Midland and
Osceola Counties):
1-800-317-0708

Listening Ear Crisis Center 24/7:
Clare County: 1-989-386-2774
Isabella County: 1-989-772-2918

Saginaw Community Mental Health Authority:
1-989-792-9732

SUPPORT

Alcoholics Anonymous: aa.org

Al-Anon Family Groups: al-anon.org

Gamblers Anonymous:
gamblersanonymous.org/ga

Man Therapy: mantherapy.org

Mental Health America Screenings:
screening.mhanational.org

Michigan Peer Warmline:
1-888-733-7753

Moodfit App (free):
cmhcm.org/resources/moodfit.html

NAMI Helpline: 1-800-950-6264

Narcotics Anonymous Meetings:
michigan-na.org/saginaw-bay-area/meetings

Psychology Today Support Groups:
psychologytoday.com/us/groups

Sex Addicts Anonymous: saa-recovery.org



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REGIONAL AND NATIONAL TREATMENT LOCATORS

MiHopePortal (treatment locators, community supports and resources): mihopeportal.com

Information and Referral Service: Dial 211

Mid-State Health Network:
midstatehealthnetwork.org/provider-network-resources/provider-information/directory

SAMHSA Treatment Locator: findtreatment.gov/locator

Psychology Today - Find a Therapist:
psychologytoday.com/us/therapists

REGIONAL INPATIENT AND PARTIAL HOSPITALIZATION TREATMENT

HealthSource Saginaw:
1-989-790-7700

McLaren Bay Region Adult Partial Hospitalization Program:
1-989-667-6231

McLaren Bay Region Senior Behavioral Health Unit:
1-989-894-3398

McLaren Bay Inpatient Behavioral Health Unit:
1-989-894-3911

MyMichigan Medical Center Midland Inpatient Behavioral Health Unit:
1-989-839-3690

MyMichigan Adult Partial Hospitalization Program:
1-989-839-3385

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GREAT LAKES BAY REGION NON-PROFIT COMMUNITY SUPPORTS FOR MENTAL HEALTH



The following is a growing list of non-government related non-profits who provide mental health community supports and this list is not intended to be fully comprehensive.

Bay Area of Women's Center:
bawc-mi.org

Barb Smith Suicide Resource and Response Network:
srrn.net

Big Brothers and Big Sisters of the
Great Lakes Bay Region:
bbbsgreatlakesbay.org

Boys and Girls Clubs of the Great Lakes Bay Region:
boysandgirlsclubsglbr.com

CAN Council Great Lakes Bay Region:
cancouncil.org

Catholic Family Service:
catholicfamilyservice.net

Child & Family Services of Saginaw:
childandfamilysaginaw.org

Children's Grief Center of Great Lakes Bay Region:
childrensgriefglbr.org

Disability Network of Mid-Michigan:
dnmm.org

Emmaus House of Saginaw:
emmaushousesaginaw.com

Families Against Narcotics:
familiesagainstnarcotics.org/greatlakes

Family & Children's Services of Mid-Michigan:
fcs-midland.org

For a Brighter Tomorrow:
forabrightertomorrow.org

Great Lakes PACE:
greatlakespace.org

Great Lakes Bay Pride:
greatlakesbaypride.org

Great Lakes Bay Region Mental Health Partnership:
greatlakesbay.com/mentalhealth

Mid-Michigan Adult & Teen Challenge:
atc-saginaw.com

Midland Kids First:
midlandkidsfirst.org

Midland's Open Door:
midlandopendoor.org

Midland Area Wellbeing Coalition:
midlandareawellbeing.org

National Alliance on Mental Illness Midland County:
namimidland.weebly.com

PartnerShift Network:
partnershiftnetwork.com

Peer 360 Recovery Alliance:
peer360recovery.org

R.I.S.E. Advocacy
(Clare, Gladwin and Isabella Counties):
riseadvocacy.org

River Joran, Inc.:
riverjordan.org

Safe and Sound Child Advocacy Center:
safeandsoundcac.org

Saginaw County Youth Protection Council:
ypccares.org

Saginaw Odyssey House:
odysseyvillage.com

Self Love Beauty:
selflovebeauty.com

Senior Services of Midland County:
seniorservicesmidland.org

Shelterhouse of Midland and Gladwin Counties:
shelterhousemidland.org

Ten16 Recovery Network:
1016.org

The Arc's of Bay, Isabella and Midland Counties:
thearcofmidland.org

The Breaking Bread Village:
tbbv.org

The Legacy Center for Community Success:
tlc4cs.org

The ROCK Center for Youth Development:
therockc4yd.org

United Way's of Bay, Gratiot & Isabella, Midland, and
Saginaw Counties:
unitedway.org/find-your-united-way

West Midland Family Center:
wmfc.org

Women of Colors:
womenofcolors.org

Underground Railroad, Inc.:
undergroundrailroadinc.org

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MENTAL HEALTH PRE-PLAN CHECKLIST



Creating a mental health plan is similar to creating a safety plan to use in an emergency. It gives you the tools to prepare to get appropriate help when needed for yourself or someone else. Use the checklist below to help create your plan.

- Save crisis numbers, support resources, treatment locators and community supports in an accessible location
- Talk to your family about the importance of mental health and what to do if someone has a mental health concern, challenge or crisis
- Determine signs or triggers to look for in yourself and others that might require you to seek support
- Determine which resources or organizations you would choose for support / care
- Determine your out-of-pocket cost for a therapy visit, and where to get therapy if you are uninsured
- Check your employee benefits to determine if you have access to an employee assistance program
- Determine friends, colleagues or family members who can support you in a time of need and make a list of those names with contact information
- Brainstorm self-care activities to support your ongoing wellbeing and / or make a self-care plan
- Assess your personal/professional environments to make sure they are safe and supportive to your mental health
- Save your plan in a safe place in case of crisis so you do not have to start from scratch



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