

## 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



Your mental health is as important as your physical health. Let's plan for it.

Brought to you by



These resources are brought to you by the Great Lakes Bay Region Mental Health Partnership and sponsored by the Midland Area Community Foundation.

The Great Lakes Bay Region Mental Health Partnership is an initiative within the Great Lakes Bay Regional Alliance. Programming occurs through the Great Lakes Bay Foundation which is a Section 501(c)(3) non-profit organization.

We collaborate with stakeholders to proactively improve mental health for all residents regardless of demographics, environments, or experiences to drive economic vitality and quality of life.

We work to ensure that everyone knows where to turn for help when struggling with a mental health challenge, seeks help without fear of stigma and receives prompt access to excellent care.



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

If you are experiencing 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**.

With support from



## Mental Health Resources and Pre-Plan Checklist

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

**LET'S MAKE A PLAN**



### 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.



**Need help?**  
Here are some important resources to keep on hand.

*This 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 or 1-800-273-8255
- 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

**MIDLAND COUNTY + REGIONAL CRISIS NUMBERS**

- Community Mental Health for Central Michigan** (Serving Midland, Clare, Gladwin, Isabella, Mecosta, and Osceola Counties): 1-800-317-0708
- Bay Arenac Behavioral Health:** 1-800-327-4693
- 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

**REGIONAL + NATIONAL TREATMENT LOCATORS**

**MiHopePortal** (regional 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

**MIDLAND COUNTY AND REGIONAL INPATIENT + PARTIAL HOSPITALIZATION**

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

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

**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

**DIGITAL COPY**

You can also download and keep a digital copy of this information on hand by scanning this QR code or on our website at [greatlakesbay.com/mentalhealthresources](http://greatlakesbay.com/mentalhealthresources)



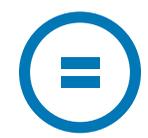
**SUPPORT**

- Alcoholics Anonymous:** aa.org
- Al-Anon Family Groups:** al-anon.org
- Gamblers Anonymous:** gamblersanonymous.org/ga
- Michigan Peer Warmline:** 1-888-733-7753
- Mental Health America Screenings:** screening.mhanational.org
- 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

**REGIONAL NON-PROFIT MENTAL HEALTH SUPPORT**

Find more mental health resources such as links to organizations that provide regional non-profit mental health support here: [greatlakesbay.com/mentalhealthresources](http://greatlakesbay.com/mentalhealthresources)

**DID YOU KNOW?**



If you experience a mental health challenge or illness, you are not alone.

**20%**

of adults experience mental illness each year in the U.S.



Half of all mental illnesses begin by age 14.

