

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



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

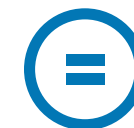
Psychology Today Support Groups: psychologytoday.com/us/groups

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

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.