

COVID-19 Resources

Michigan COVID-19 Hotline: (1-888-535-6136) (<https://michigan.gov/coronavirus/>) Health-related questions about COVID-19

Beaumont Coronavirus/COVID-19 Hotline: (248-551-7000) Nurses available to answer questions/assistance with treating symptoms at home, and seeking treatment

Webpage that offers articles, resources, and other information about anxiety specific to coronavirus pandemic: <https://www.virusanxiety.com/>

MENTAL HEALTH

Disaster Distress Helpline – 1-800-985-5990 — This 24/7/365 service from the Substance Abuse and Mental Health Services Administration provides crisis counseling for people going through both natural and human-caused disasters. It's free, multi-lingual and confidential. You can also text TalkWithUs to 66746.

National Suicide Prevention Hotline

If you're feeling alone and struggling, you can also reach out to The Crisis Text Line by texting TALK to 741741 or National Suicide Prevention Lifeline at 1-800-273-TALK

Michigan Department of Health and Human Services

www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4868--,00.html

MICHIGAN MENTAL HEALTH SUPPORT: 888-733-7753. Daily 10:00 a.m. - 2:00 a.m

Genesee County Health Systems-Flint

420 W. Fifth Avenue

Flint, MI 48503

Phone: (810) 257-3705

Toll Free: (866) 211-5455

Regular hrs Monday-Friday 8AM-5PM

Crisis Line: (877) 346-3648 24 hours a day/7 days a week

People sometimes need a little extra assistance. Genesee Health System has trained, professional staff available to assist individuals and families with understanding their treatment

options, and to help during a mental health, substance abuse, or family crisis. These services are easily accessed by calling the above numbers 24 hours a day, 7 days a week. Staff can also help by making referrals to other community agencies and resources, and by arranging emergency services such as hospitalization. GHS also works with the Crisis Texting Line. Text FLINT to 741741 24- hours a day.

Hope Network outpatient services

Flint 810 23-5 3288

Pontiac 248 338-7458

Hurley Mental Health Outpatient Services

(810) 262-2100

mentalhealthinfo@hurleymc.com

Oakland Psychological Outpatient Services

2222 S. Linden Road

Ste. J

Flint, MI 48532

(810) 732-0560

Common Ground Access to Mental Health Services in Oakland County.

24-hour resource/crisis helpline, confidential counseling and short-term psychiatric care

800-231-1127 - Resource and Crisis Helpline

OAKLAND FAMILY SERVICES

Therapeutic treatment for children and adults with a diagnosed mental illness or issues related to substance use disorder

248-544-4004 - Berkley

248-858-7766 - Pontiac

248-853-0750 - Rochester Hills

248-624-3812 - Walled Lake

Mental Health Providers in our area:

(see the end of these Resources for more specific detailed available providers)

<https://www.mifrontlinesupport.com/providers>.

Domestic Violence

The Domestic Violence Sexual Assault Services of YMCA 810-238-7621

24 Hour Crisis Hotline 810-238-SAFE (7233)

Substance Use

Bridging the GAP: A Temporary Contact Program 248-988-7014, leave a message including a phone number where you can be reached and someone from AA will contact you within 24 hours.

MEALS:

-Contact your local school district for various food provision options

GISD & Flint area Schools: Meals are available for all children free of charge.

Cathedral of Faith: 6031 Dupont St. Noon-12:30 p.m.

Transition Center: 3136 Linden Road. 10:30 a.m.-12:30 p.m.

Elmer Knopf Learning Center: 1493 W. Maple Ave. 10:30 a.m.-12:30 p.m.

Head Start at MCC (near Court st entrance): 1401 E. Court St. Noon-12:45 p.m.

Stalker School: 3329 Burnell Ave. 1-1:45 p.m.

Educare Flint: 1000 Gladwyn. Noon-12:45 p.m.

Cummings Great Expectations: G-2200 Walton St. Noon-12:45 p.m.

Manley Early Childhood Center: 3022 Farley St. Noon-12:45 p.m.

Genesee County Community Action Resource Department (GCCARD): Food box distribution on Tuesdays, Wednesdays, and Thursdays from 9-12 p.m. and 1-3 p.m.

Summerfield Early Childhood: 1360 Milbourne Ave. 1-1:45 p.m.

Early Learning Center: 5575 Van Campen. 1-1:45 p.m.

Beecher Daily Elementary: 6236 Neff Road. 2-3 p.m.

The Learning Center: 1181 W. Scottwood Ave. 1-1:45 p.m.

Waterford School District will offer free meals Monday- Friday, 11 a.m.- 1p.m.

Catholic Charities meal programs will be offered at three distribution sites.

- **North End Soup Kitchen**, 735 E. Stewart Ave. Flint
- **Center for Hope Soup Kitchen**, 812 Root St. Flint

South Flint Soup Kitchen, Lincoln Park United Methodist Church, 3410 Fenton Rd –

SNAP Food Assistance (DHHS): (248-975-5200)

North Oakland Family YMCA: (248-370-9622)

OLHSA: (248-209-2600)

Revive Sips & Sweets will provide free sack lunches to children 18 and younger. 1006 N

Saginaw St. Holly, MI

Oakland

County Meals On Wheels: (248-689-0001) (seniors only)

North

Oakland Transportation Authority: (248-693-7100)-Free pick-up of online grocery orders

Gleaners Food Bank: (313-923-3535) (drive through, multiple locations)

Dream Center of Pontiac: (248-221-5747) (830 Auburn, Pontiac) (drive through breakfast M-Th

and food pantry on Fridays)

Lighthouse Clarkston: 10am – 3pm on Monday – Friday

Pontiac General Hospital: (461 W Huron Street) lunches starting at 11:30am on Thursdays

The Baldwin Center: (212 Baldwin Ave) bagged lunches from 10:45am – 1pm on M/W/F

Food Delivery: Kroger, Meijer

HOUSING & MORTGAGE RELIEF

Michigan Executive Order temporarily suspends evictions until April 17th, 2020 at 11:59pm

Contact your mortgage company for eviction and foreclosure suspension information

Community Housing Network: (248-269-1335)

Freddie Mac -- Offering mortgage relief options for those who are unable to make their mortgage payments due to a decline in income, including forbearance for up to 12 months, waiving penalties and fees, halting foreclosure sales/evictions of borrowers in Freddie Mac-owned homes until May 17, and more. myhome.freddiemac.com/own/getting-help-disaster.html **Fannie Mae** - Homeowners who are adversely impacted by this national emergency may request mortgage assistance by contacting their mortgage servicer. Foreclosure sales and evictions of borrowers are suspended for 60 days. Homeowners impacted by this national emergency are eligible for a forbearance plan to reduce or suspend their mortgage payments for up to 12 months.

<https://www.fanniemae.com/portal/media/corporate-news/2020/covid-homeowner-assistance-options-7000.html>

Child Care

Child Care Network is available to help families find child care. It can be reached at www.childcarenetwork.org, call 810.407.7285 or fax 734.975.1868

Essential workers (police officers, firefighters, health care workers, postal workers, sanitation workers, etc.,) in need of child care can get assistance finding help at <https://www.helpmegrow-mi.org/essential>

Great Start Collaborative: (844-456-5437)

Women, Infants, and Children (WIC): (877-526-2438)

UNEMPLOYMENT & EMERGENCY ASSISTANCE:

Michigan Unemployment Insurance Agency: (1-866-500-0017)

United Way COVID-19 Emergency Response Fund: (211 OR 1-866-211-9966)

Help with immediate needs such as access to health care, financial support, food, etc.

OLHSA: (248-209-2600)

-Help with basic needs for senior citizens, those with disabilities, and those suffering from economic hardship

Suspending Student Loan Repayment: (studentaid.gov/coronavirus)

The RISE Center: (248-464-6055)

Help with employment, housing, support, prevention, shelter, healthcare, etc.

Lighthouse of Oakland County: (248-920-6000)

Emergency food, utility assistance, transitional/supportive housing, foreclosure prevention, etc.

New Beginnings Animal Rescue, 2502 Rochester Rd. Royal Oak is offering free pet food to qualifying pet owners for up to three months. Hours of operation are noon to 2 p.m. every Sunday, except on holiday/holiday weekends.

2-1-1 — Call 2-1-1 from any phone to be connected to a list of statewide resources for everything from food and diapers to rental assistance and bus fare. You can also search their online database.

UTILITIES, CABLE AND PHONE SERVICES

AT&T will offer free internet access to new customers for two months and low-income households can continue to subscribe for \$10/month. All public Wi-Fi hotspots are open to anyone. AT&T will not terminate service of any customer due to an inability to pay and all late payment fees will be waived. GO to AT and T web site for details

Comcast and Charter Communications will offer free internet access to low-income families. Internet and cable will not be suspended. GO to Comcast or Charter web site for details

Comcast: (<http://www.internetessentials.com/>)

Spectrum: (1-844-488-8395)

AT&T: (<https://about.att.com/pages/COVID-19>)

Genesee County Community Action Resource Department-The neighborhood Services Center provides emergency assistance with utilities and other homeless prevention services. Call 810-768-4675

PHARMACY

www.needymeds.org NeedyMeds is an online information resource of programs that provide assistance to people who are unable to afford their medications and health care costs. All the information is free, easy to access and updated regularly. No registration is required and we don't request any personal information. Includes some good resources for Michigan as well.

GoodRx: <https://www.goodrx.com>

Med Assist: (248-858-3257)

The Rx Advocates: (1-844-394-8546)

FREE FOOD & DISCOUNTS FOR MEDICAL WORKERS & FIRST RESPONDERS

Just Drive up and let them know you are a First Responder/Essential Staff and show your name badge at the follow places:

Starbucks- free tall hot or iced coffee

Checkers and Rallys- a small combo meal with an entree, small fries, and a drink. Workers can choose from the Big Buford, Baconzilla!, Cheese Champ, Chicken Bites, Chili Dog, Classic Wings, Deep Sea Double, Spicy Chicken Sandwich, or BBQ Bacon Roadhouse.

McDonalds –

Free Breakfast-Choose from an Egg McMuffin®, Chicken McGriddles®, or Bacon Egg & Cheese Biscuit.

Free Lunch -Select from a Double Cheeseburger, 6 Piece Chicken McNuggets®, or Filet-O-Fish®.* comes with small fries and small drink!

Krispy Kreme -Every Monday until May 12, Krispy Kreme will be giving away free donuts to those who are serving us – and if that’s you, simply visit your local shop and ask for two, three, or a dozen donuts.

BP gas stations, first responders and health care workers can get 50 cents off per gallon on their next fill up at BP and Amoco stations.

Crocs is offering a free pair of shoes to all health care workers on their websites.

Costco- Offering priority access to members who are healthcare workers. Present membership card and official identification of your role to move to the front of the line.

Dollar General-10% discount on qualifying purchases to all medical personnel. Just present your ID badge.

MENTAL HEALTH PROVIDERS IN OUR AREA

Yvonne Makidon, LMSW

City: Grand Blanc

Phone: 810-659-7242

Email: Yomakidon@gmail.com

Website: www.grandblanctherapy.com

Insurance Accepted: BCBS PPO, BCC, HAP, Magellan, Meridian, MESSA, Signa, Private Pay

Specialty Areas: Trauma, relational

Johnathan Agius, LLP

City: Fenton

Phone: 8102886652

Email: jagius021@gmail.com

Website:

Insurance Accepted: Aetna, BCBS PPO, BCC, BCN, HAP, Meridian, MESSA, Priority Health, Private Pay, Sliding Scale

Specialty Areas: Anxiety, depression, PTSD, Men's Issues, Relationship Dynamics

Samantha Slack, LMSW

City: Fenton

Phone: 906-748-0307

Email: samanthaslacklmsw@gmail.com

Website:

Insurance Accepted: Aetna, BCBS PPO, BCC, BCN, HAP, Magellan, Meridian, MESSA, Private Pay, Sliding Scale

Specialty Areas: Trauma, Anxiety, Adoption

Jodi Wilson-Guzak, LPC

City: Fenton

Phone: (810) 494-7180

Email: jwilson-guzak@perspectivetherapyservices.com

Website: <https://www.perspectivetherapyservices.com/therapist/jodi-wilson-guzak/>

Insurance Accepted: Aetna, BCBS PPO, BCN, MESSA, Private Pay

Specialty Areas: Teen/young adult, anxiety, depression, grief and loss

Randall Kaszynski, LPC

City: Swartz Creek

Phone: (810) 269-7557

Email: soundmindcounselingllc@gmail.com

Website: www.soundmindcounseling.net

Insurance Accepted: BCBS PPO, Private Pay, Sliding Scale

Specialty Areas: Anxiety Reduction Belief changes Chronic illness Chronic pain Coping skills
Depression Reduction Grief & Bereavement Imagery Music Therapy Self Esteem Spirituality &
Faith Stress Reduction

Kristina Belzer, LLP

City: Flint

Phone: 248-787-0855

Email: sollars@sollarsassociates.com

Website:

Insurance Accepted: BCBS PPO, BCC, BCN, Meridian, MESSA, UnitedHealthcare, Private Pay

Specialty Areas: Depression, anxiety, chronic pain, gender dysphoria/transitioning

Kelly Thompson, LMSW

City: Clarkston

Phone: 2485180655

Email: Kelly@fieldstonecounseling.co

Website: www.fieldstonecounseling.co

Insurance Accepted: Aetna, BCBS PPO, BCN, HAP, MESSA, Priority Health, UnitedHealthcare, Private Pay, Sliding Scale

Specialty Areas: Depression, Anxiety, and Life Transitions. Adults, Adolescence and Children

Emily Short, LMFT

City: Clarkston

Phone: 8108693931

Email: Emily@counselingcentersofmichigan.com

Website: www.counselingcentersofmichigan.com/

Insurance Accepted: Aetna, BCBS PPO, BCC, BCN, HAP, Magellan, MESSA, Priority Health, Signa, UnitedHealthcare, Private Pay, Sliding Scale, Pro Bono

Specialty Areas: trauma, ptsd, marriage and family, anxiety, depression

Robin Winke, LMSW

City: Troy and Clarkston

Phone: 248-558-2052

Email: Winkcounseling@winke.com

Website: www.winkcounseling.com

Insurance Accepted: BCBS PPO, BCN, HAP, Meridian, Signa, Sliding Scale

Specialty Areas: Marriage and family, crisis

Lydia Aldrich, TLLP

City: Oxford MI

Phone: 7345160775

Email: lydiatherapy@gmail.com

Website:

Insurance Accepted: BCBS PPO, BCC, BCN, HAP, Priority Health, UnitedHealthcare, Private Pay

Specialty Areas: Sexual abuse

Paul Jacobs, LMSW

City: Currently conducting tele-therapy sessions.

Phone: (734) 547-6566

Email: paul@amplifycolectivo.com

Website: https://www.psychologytoday.com/us/therapists/paul-d-jacobs-ypsilanti-mi/433229?preview=1&return_to=https%3a%2f%2fmember.psychologytoday.com%2fus%2fhome

Insurance Accepted: BCBS PPO, Meridian, Private Pay, Sliding Scale

Specialty Areas: Anxiety Depression Trauma and PTSD Men's Issues Racial Identity Self Esteem
Sexual Abuse Stress

Janet Gray, LPC

City: Telehealth

Phone: 9892722497

Email: janetgraycounseling@gmail.com

Website: jgraycounseling@gmail.com

Insurance Accepted: Private Pay, Sliding Scale, Pro Bono

Specialty Areas: Depression, anxiety, trauma, relationship issues, spirituality

Stephanie Gaumer, LMSW

City: Clarkston - Telehealth only at this time

Phone: (586) 685-7494

Email: sgaumer@counselingcentersofmichigan.com

Website: <http://www.counselingcentersofmichigan.com/stephaniegaumer.html>

Insurance Accepted: Aetna, BCBS PPO, BCC, BCN, Magellan, Meridian, MESSA, Priority Health,
Signa, UnitedHealthcare, Private Pay, Sliding Scale

Specialty Areas: Anxiety, Depression, Coping Skills, Self-esteem/Confidence, Peak Performance -
also trained in DBT (Dialectical Behavior Therapy) specific for emotion regulation and frequent
suicidal and self-harm thoughts and behaviors