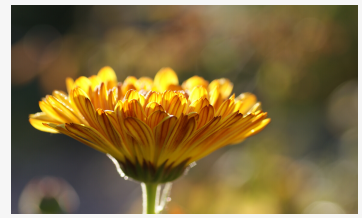


# Mental Health & COVID-19



## RESOURCES IN KENT COUNTY

### MICHIGAN WARMLINE

888-733-7753

10:00a.m. - 2:00a.m. seven days a week.  
The warmline is for individuals living with persistent mental health conditions including anxiety, depression and trauma.

### STAY HOME, STAY MINDFUL

<https://www.headspace.com/mi>  
Michigan's site for free mental health resources during the COVID-19 pandemic.

### SALVATION ARMY HOTLINE

616-742-9199

9:00 a.m. to 9:00 p.m.  
The hotline is for individuals needing "to talk, share and ask questions".

### SPECTRUM HEALTH COVID-19 FREE HOTLINE

833.559.0659  
[spectrumhealth.org/covid19](https://spectrumhealth.org/covid19)

### DISASTER DISTRESS HELPLINE

1-800-985-5990  
Text: "TalkWithUs" to 66746

### VIBRANT EMOTIONAL HEALTH

"Safe Space" provides self-help tools, education, and resources.  
[www.vibrant.org/safespace](https://www.vibrant.org/safespace)

### NATIONAL SUICIDE PREVENTION LIFELINE

800-273-8255  
Text: "Talk" to 741741  
En Español  
888-628-9454  
Para obtener asistencia en español durante las 24 horas

### VETERANS TEXTING HELPLINE

Text a Message to: 838255

### POSTPARTUM SUPPORT INTERNATIONAL (PSI) HELPLINE

1-800-944-4773 (4PPD)  
Text a message to 503-894-9453  
Mandar texto en español al 971-420-0294  
For moms & families having anxiety & depression during pregnancy and after birth.

### 2-1-1 HEART OF WEST MI UNITED WAY

Call 2-1-1 or 1-800-887-1107  
Text your Zip Code to 898211  
Comprehensive information and referral services.

### NETWORK180

616-336-3909  
800-749-7720  
24/7  
Medicaid and the Uninsured.

### PINE REST URGENT CARE CENTER

616-455-9200  
Provides immediate assessment and treatment for people experiencing acute psychiatric symptoms.

### ARBOR CIRCLE

616-456-6571  
mental health services for all ages.

### CHERRY HEALTH

616-965-8291 - Adults  
616-422-5296 - Child  
Appointment needed

### BLHF'S FREE VIRTUAL THERAPY

Licensed, culturally-competent clinicians.  
Up to 5 sessions  
<https://borislhensonfoundation.org/covid-19-free-virtual-therapy-support-campaign/>

### MENTAL HEALTH FOUNDATION

[www.benice.org](https://www.benice.org)  
Navigating Your Mental Health During COVID-19  
Resources, videos, & activities to help stay mentally healthy.

### MENTAL HEALTH HOSPITALS 24/7

Forest View Hospital  
800-949-8439  
Pine Rest Christian Mental Health Services  
800-678-5000 or 616-455-9200

### RESOURCES FOR FRONT-LINE WORKERS

Text FRONTLINE to 741741  
Free crisis counseling  
[www.coronavirusonlinetherapy.com](https://www.coronavirusonlinetherapy.com)  
Free & low fee online therapy sessions