

Wellness Resources

Child Mind Institute Live

The Child Mind Institute is open and available for you and your child during this crisis. Their clinicians can do telehealth evaluations and treatment for ADHD, mood disorders, anxiety disorders, autism spectrum disorders and learning disorders. Follow the link below for Daily (10 AM and 4:30 PM) Live Facebook Chats with Experts as well as follow-up phone consultations:

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

<https://childmind.org/recursos-en-espanol/>

PBS Kids

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

Child Mind Institute

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Kids Health

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

American Academy of Child & Adolescent Psychiatry

https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/

Sesame Street

https://www.sesamestreet.org/sites/default/files/media_fold

Michigan Emergency and Crisis Hotline Numbers

Child Abuse & Neglect Hotline

1-855-444-3911

Disaster Distress Hotline

1-800-985-5990

Michigan Suicide Hotline

1-800-273-8255

Michigan Domestic Violence Hotline

1-800-799-7233

Michigan Coronavirus Hotline

1-888-535-6136

covid19@michigan.gov

Michigan 2-1-1

A one-stop connection for thousands of local agencies and resources that can help - 24 hours a day, 7 days a week. Call 221 or Text your ZIP code to 898211

Substance Abuse & Mental Health Services Administration

1-800-985-5990 or Text TalkWithUs to 66746