



COVID – 19 Community Support Phone Line

Starting Monday, April 13, 2020

Tuscola Behavioral Health Systems (TBHS) has set up a **COVID-19 support line** through our main phone number 989.673.6191. This phone line is available Monday through Friday, 8:30 am – 4:30 pm for individuals **not** currently receiving Community Mental Health (CMH) services. The phone line will be available for the duration of the COVID-19 crisis or until such a time where it becomes unnecessary. ***This phone line is staffed by mental health professionals and can support people:***

- Who are struggling with feelings of isolation and loneliness
- Who are dealing with panic or anxiety over the possibility of getting sick, financial struggle, resource scarcity, or caregiving
- Who are first responders, essential employees, medical professionals on the front lines of the Coronavirus situation and struggling with burnout, anxiety, depression and feeling overwhelmed
- Who are sick at home, or caring for a sick family member and dealing with fear, anxiety, depression and feeling overwhelmed
- Anyone who could use someone to talk to during this difficult time.
- If the mental health professional determines that the issue is more severe than the COVID-19 Support Line can manage- they will refer individuals to appropriate resources.

If you leave a message and get a call back from the COVID-19 Support Line- it may come through as a blocked caller – phone contact may state private number.

Anyone in Tuscola County can utilize the COVID-19 Support Line, you do not need to be using CMH services, or have a mental health diagnosis of any kind – it is for the general public. The Support Line should not be used for crisis calls. If you or a loved one is in crisis please call TBHS and request Emergency Services. The COVID-19 Support Line is not meant to take the place of therapy/counseling or to treat or diagnosis any physical or mental health condition. It is a support resource for anyone in the community who could use a listening ear during this national emergency. **Those wishing to contact the COVID-19 Support Line should call 989.673.6191 and ask for the COVID-19 Support Line.**

While TBHS is not available to conduct any community trainings, speaking engagements or events during this time, our focus continues to be on supporting our community and sharing vital information via several different outlets:

TBHS Facebook page - updates and information related to caring for your mental health during times of crisis, healthy activities to engage in from home, information for families, links to other support service/resources, etc.

www.tbhsonline.com - Comprehensive information about all TBHS programs and services, up-to-date information on hours of operation and locations, a resource page with links to COVID-19 information and resources