

Resources for Adults

[Click here to go back to the homepage](#)

Crisis Phone Numbers

Suicide Hotline: 800-273-8255

Help, I need someone to talk to but I am not suicidal 800-273-8255

Call this number to talk through your concerns. Although it says it is for suicide, this is for anyone [feeling overwhelmed](#).

For GPPSS Employees:

Ulliance (our Employee Assistance Program) 1-800-448-8326

What do I do if [I think I have the virus](#)?

Adult Grieving Support

[Grieving in the midst of Coronavirus](#)

[The Dougy Center](#)

[The Family Center-a local family support](#)

[National Alliance on Mental Illness](#)

[Substance Abuse & Mental Health Services Administration](#)

1-800-662-HELP (4357)

[Grief.com](#)

Adult Anxiety Resources

CDC: [Coping with Stress](#)

[Anxiety and Coronavirus](#)

[Types of Anxiety and how to get relief](#)

[Ways to manage anxiety](#)

Adult Depression Resources

WebMD's [Depression Resource List](#)

[Suicide](#)

Adult General Mental Health Support

Self-Care Plan <http://socialworktech.com/2011/05/25/making-a-self-care-plan/>

Kati Morton, LMFT - [Mental Health Channel on YouTube](#)

[Mindfulness](#)

[Detroit Wayne Integrated Mental Health Authority](#)

Financial Support Resources

[Filing for Unemployment in Michigan](#)

[Free/Low-Cost Internet](#)

Wayne County [Food Pantries, Shelters, and Soup Kitchens](#)

YMCA [Grab and Go Meals](#)

[Food Pantries](#)

Resource Links from the [State of Michigan](#)

Help with [Utility Payments](#)

United Way 1-800-552-1183

United Way [COVID-19 Resources](#)

How to Survive a Self-Quarantine & Working From Home

Ideas from [The Guardian Newspaper](#)

[6 Things to do to take the edge off social distancing](#)

[How to Work from Home and Keep Your Sanity](#)

[How to be Productive Working From Home](#)

Caregiving

[Self-Care While Supporting Others](#)

[Resources for caregivers during the pandemic](#)

[Care for the caregiver](#)

Parent HELPLINE

1-800-942-4357

24-hour crisis intervention, problem-solving, information and referral for parenting classes, support groups, counseling etc.

Self-Care Ideas

[Parent Wellness Activities](#)

[Self-Care ideas for Educators and Caregivers during a Pandemic](#)

[Some simple, great ideas](#)

[Free Yoga Videos](#)

[Self-Soothing Strategies](#)

[Workouts from home](#)

[Self-care Worksheets](#)

Local Mental Health Practitioners

The [Family Center](#)

Check with your insurance company, they often have a list of local therapists

Email your student's school counselor, school psychologist or school social worker, they can give you some names of local mental health professionals.

Link to Churches in the GP Area

Many [churches](#) have someone "on-call" who will be available to you to talk to.

Domestic Abuse Resources

Emergencies: Call 911

First Step Hotline Number: 734-722-6800 First Step can provide emergency housing, safety planning, and legal assistance.

Wayne County Safe: 313-430-8000 <http://wcsafe.org/>

ACCESS: 313-216-2202