



STRESS MANAGEMENT RESOURCES

- ❖ Headspace - Guided meditations for relaxation & sleep <https://www.headspace.com/mi>
- ❖ App for sleep help: Sleep Cycle
- ❖ Michigan Suicide Prevention Coalitions and Crisis Lines <https://bit.ly/3ep2NAH>
- ❖ SAMHSA - Substance Abuse and Mental Health Administration National Helpline – 1-800-662-HELP (4357) <https://www.samhsa.gov/find-help/national-helpline> confidential, free, 24-hour-a-day, 365-day-a-year, and information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications.
- ❖ Center for Disease Control: <https://www.cdc.gov>
- ❖ Common Ground: 800-231-1127 <https://www.commongroundhelps.org>
- ❖ CNS Healthcare: 800-615-0411 <https://www.cnshealthcare.org/> Free mental health check up
- ❖ Oakland Community Health Network: 248-858-1210 <https://www.occmha.org>
- ❖ HAVEN (Sexual Assault & Domestic Violence) 877-922-1274 <https://www.haven-oakland.org>
- ❖ Oakland Family Services: 877-742-8264 <https://www.oaklandfamilyservices.org>
- ❖ Lighthouse of Oakland County: 248-920-6100 <https://www.lighthouseoakland.org>
- ❖ Substance Abuse 24 hour access line: 800-467-2452
- ❖ Alcoholics Anonymous <https://www.aa.org/> + www.aa-semi.org
- ❖ Al-Anon www.al-anon.org For those worried about someone with a drinking problem
- ❖ CoDA www.coda.org For people seeking healthy & satisfying relationships 888-444-2349
- ❖ Narcotics Anonymous: <https://na.org/>
- ❖ “Building Your Resilience” <https://www.apa.org/topics/resilience>
- ❖ “I’m a survivor! How resilience became the quality we all crave.” <https://bit.ly/3t2bcOC>
- ❖ “Mindfulness & Self-Compassion” in Psychology Today <https://bit.ly/3cmoZcb>
- ❖ Stress Management Help Guide <https://bit.ly/3viXqlf>
- ❖ Outstanding in-depth presentation on Stress: <https://bit.ly/3vhiMqz>
- ❖ The Trevor Project: <https://bit.ly/3qCP3F3> Support for LGBTQ Youth 1-866-488-7386
- ❖ Make your bed in the morning video <https://bit.ly/3tldqbY>
- ❖ “Exercise and Stress” Mayo Clinic <https://mayoclinic.in/3vvFYBq>
- ❖ Guided Mindfulness: University of Missouri <https://bit.ly/3vg4buB>
- ❖ On Being - “What’s Happening in Our Nervous Systems?” <https://bit.ly/31dineR>
- ❖ National Suicide Prevention Lifeline: 800-273-8255 <https://suicidepreventionlifeline.org/>
- ❖ Michigan Suicide Prevention Coalitions and Crisis Lines <https://bit.ly/3ep2NAH>
- ❖ “Coping with Stress” Center for Disease Control: <https://bit.ly/3veu9hZ>
- ❖ Oakland Community Health Network: 248-858-1210 <https://www.oaklandchn.org/>
- ❖ Declutter for Stress Relief: <https://mayoclinic.in/2RUe6rf> from Mayo Clinic
- ❖ Yoga free on YouTube: “Yoga for Stress & Anxiety Relief” <https://bit.ly/3gutgxQ>
- ❖ Michigan Dept. of Health & Human Services: www.Michigan.gov/StayWell
- ❖ Michigan COVID-19 hotline at 1-888-535-6136 & press “8” to speak to a Stay Well counselor.
- ❖ Michigan Crisis Text Line. Text the keyword “RESTORE” to 741741. Available 24/7.
- ❖ Deaf & Hard of Hearing Suicide Prevention: Access 24/7 video relay service. Call 1-800-273-8255 (TTY 1-800-799-4889).
- ❖ Behavioral Health Services for Oakland County: <https://bit.ly/39Bk06S>

Take good care!