

COMMUNITY RESOURCE GUIDE

Mental Health

[Managing COVID-19 Anxiety](#)

[Taking care of your mental health in the face of uncertainty](#)

[DCHS Counseling Resource List](#)

[Coping With Stress During Infectious Disease Outbreaks](#)

[Mental Health Apps](#)

[Options for Online Therapy/Counseling](#)

[Mental Health Crisis*****](#)

Call 1-800-273-8255

Text "Listen" to 741-741

Spiritual/Faith-Based

[AOD Live Mass Schedule](#)

[AOD Facebook](#)

[Prayer of Pope Francis to Mary for those affected by the Coronavirus](#)

COVID-19 Resources

[Center for Disease Control](#)

[Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#)

[American Psychological Association- Pandemic News/Tips/Tools](#)

[How to talk to your kids about COVID-19](#)

[Talking to Kids About the Coronavirus](#)

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

Experiencing symptoms? Call one of these Coronavirus Hotlines

Beaumont 1-248-551-7000

M-F: 7AM-7PM

Sat-Sun: 10AM-6PM

Henry Ford Health System

1-313-874-7500

Line is open 27/7/365

Complimentary Services during COVID-19 Outbreak

[Free Comcast internet for 60 days](#)

[30 Days of Free U Haul Storage](#)

Community Resources

[The Information Center](#)

[Where to Turn Guide- A Resource Guide for Residents of SE Michigan](#)

Education Resources

[Scholastic Virtual Learning Resource Center](#)

[Free education subscriptions](#)

[Ideas for keeping kids busy at home](#)

Food Assistance

[Gleaners Community Food Bank](#)