

# Mental Health Resources

T.B.T  
11.24.20

In approaching our tenth month of the pandemic, you are undoubtedly feeling COVID exhaustion and stress. Now, more than ever we want to arm you with the tools and resources to take control of your mental health and well-being.



## HELPNET EAP - HELP FOR ALL

Online or over the phone - learn new tools for coping with stress, anxiety, and uncertainty.

<https://www.helpneteap.com/>  
Click "Work Life Login"

Call 24/7 - (800) 969-6162



## KNOWLEDGE IS POWER

BCBS is offering high-energy live and recorded webinars to provide inspiration and motivation to help you improve your well-being.

<https://www.mibluesperspectives.com/virtual-webinars/members/>

## BE KIND TO YOUR MIND - MICHIGAN

### Michigan DHHS

All Michiganders can seek relief from COVID-19 related emotional distress by talking to trained crisis counselors 24/7 at **(888) 535-6136** and press "8" at the prompt or visit [www.Michigan.gov/StayWell](http://www.Michigan.gov/StayWell)

### Kalamazoo - ERN

Employees in Kalamazoo can contact our ERN Success Coach for anything impacting your work or home.

**Betsy Sanchez:** (269) 270-2038  
[Betsy@ERNSuccessCoach.com](mailto:Betsy@ERNSuccessCoach.com)



## NATIONAL COVID-19 CRISIS HOTLINE

If you're feeling anxious or need support, there's no charge to use these services. Everyone is eligible.

National Hotline - (800) 848-1764

