

# VOICES

## Staying Connected while Physical Distancing

The National Alliance on Mental Illness (NAMI) recently released a guide with resources for staying well during the COVID-19 pandemic. To view the full resource guide: [click here](#).

Included in the guide is information and ideas about maintaining social connections even while physically distancing (also known as social distancing). If you can't see people in person or go places you usually would:



- Make sure you have the phone numbers and emails of close friends and family
- Stay connected via phone, email, social media and video calls
- Offer to help others if you can
- Ask for help when you need it
- Share how you're feeling with people you trust
- If talking about COVID-19 is affecting your mental health, set boundaries with people about how much and when talk you about COVID-19. Balance this with other topics you'd usually discuss
- If you are living with other people, communicate expectations about how to live well together while staying home
- Do virtual activities together
  - o Plan virtual dinners and coffee breaks
  - o Do at-home crafts and activities over a video call
  - o Watch a virtual concert together
  - o Read the same book or watch the same movie/tv show and talk about it
  - o Play online multi-player video games

### Get In Touch!



Do you have a story, poem, joke, or something else that you think could be shared in a future issue of this newsletter? Or, do you need assistance accessing any part of this newsletter? Contact Customer Service at 517-346-8244 or [customerservice@ceicmh.org](mailto:customerservice@ceicmh.org).

### COVID-19 Testing Sites

If you believe that you may have been exposed to COVID-19 or are experiencing symptoms, you can find a testing location near you by using this tool: [click here](#).



### DO THE FIVE to stop COVID-19

1. **HANDS** wash them often
2. **ELBOW** cough into it
3. **FACE** don't touch it
4. **SPACE** keep safe distance
5. **HOME** stay if you can

# Can You Solve These Riddles?

Keep your mind active with these brain teasers! Ready to check your answers?  
Check out the bottom of the page!

**Riddle #1:** What gets wet while it's drying?

**Riddle #2:** What has one eye, but can't see?

**Riddle #3:** What building has the most stories?

**Riddle #4:** What has many teeth but can't bite?

## Need Resources?

Central Michigan 211 can provide resources and referrals to individuals looking for a variety of resources, including housing, food, utilities, finances, health care, legal assistance, and personal grooming.



To contact 211:

By phone - dial 2-1-1 or 866-561-2500 (available 24/7)

By text - text your zip code to 898-211 (available 24/7)

By online chat - [click here](#) to start a chat (currently Mon-Fri 8am-8pm)

### Questions About COVID-19?



**Call the COVID-19 Hotline at 888-535-6136,**  
7 days a week from 8 a.m. to 5 p.m.



**Email COVID19@michigan.gov 24/7.** Emails  
will be answered 7 days a week, 8 a.m. to 5 p.m.



**Subscribe to e-newsletter updates  
at Michigan.gov/Coronavirus.**



The most up-to-date and accurate information about COVID-19 can be found through local health departments and the CDC. Visit the websites of the following agencies by clicking the buttons below:

Ingham County  
Health Department

Mid-Michigan District  
Health Department

Barry-Eaton  
Health Department

Michigan Department of  
Health and Human Services

Centers for Disease  
Control and Prevention

For news and information from CMHA-CEI, visit our website at [www.ceicmh.org](http://www.ceicmh.org) and Facebook page at [www.facebook.com/CEICMH](http://www.facebook.com/CEICMH).

Answers to Riddle: Riddle #1- Towel, Riddle #2- Needle, Riddle #3- Library, Riddle #4- Comb