

SEPTEMBER 9, 2020

# VOICES



## Lace Up Your Walking Shoes: AFSP Out of the Darkness Walk

The American Foundation for Suicide Prevention's annual Out of the Darkness Walk is going virtual!

Join the CMHA-CEI team, or participate as an individual on September 26th, 2020. Further details about how to get involved will be announced in the coming weeks- register to make sure you don't miss a thing! [Click here](#) to register.



### 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

### Need Help?



Do you have any questions or need help accessing any part of this newsletter? Contact Customer Service at 517-346-8244 or [customerservice@ceicmh.org](mailto:customerservice@ceicmh.org).

## Finding Resources: Childcare, Housing, Internet

The linked [Greater Lansing COVID-19 Resources Guide](#) maintained by Peckham supplements the [Michigan COVID-19 Pandemic Resource Guide](#) created by Poverty Solutions at the University of Michigan. Both guides are updated regularly and include resources in a number of areas. Select topics local to the Greater Lansing are listed below:

- **Childcare Locator:** Help Me Grow Michigan helps connect you with childcare in your area for children 0-12 years. [Click to access](#)
- **Housing Resources:** Capital Area Housing Partnership offers a collection of housing resources and updates relating to the COVID-19 health crisis. Click to access: [CAHP COVID-19 Housing Guide](#)
- **Internet:**
  - AT&T offers home internet to limited income households that have at least one SNAP participant. In response to COVID-19, AT&T has committed to waive all home internet data overage fees. Click to access: [Access by AT&T](#)
  - Comcast is offering free Internet Essentials service to new customers. The Internet Essentials website includes a video chat option for customers using American Sign Language. Click to access: [Comcast Internet](#)

### Guided Meditations

UCLA has free guided mindfulness meditations available on their website and in an app. To visit the website and learn more, [click here](#).

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](https://www.facebook.com/CEICMH).

# Taking Care of Your Mental Health in the Face of Uncertainty

This resource from the American Foundation for Suicide Prevention outlines some practical tips for dealing with the mental health strain that can be caused by uncertainty- including uncertainty caused by the current pandemic. To read the resource in full, [click here](#).

## Coping with the Pandemic: A Writer Spotlight

*Find out how one consumer is taking care of themselves and coping during this time of new routines and physical distancing in the story below. Do you have a similar story, poem, joke, or something else that you think could be shared in a future issue of this newsletter? Contact Customer Service at 517-346-8244 or [customerservice@ceicmh.org](mailto:customerservice@ceicmh.org).*

### By Janel B.

How do I spend my days with the coronavirus and COVID-19?

We have been reading the Holy Bible, singing Christmas songs and songs from a church hymnal. I have also been working on crochet projects.



### 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](mailto: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](https://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](https://www.facebook.com/CEICMH).