



# CALHOUN COUNTY, MICHIGAN JOINT OPERATIONS CENTER

*COVID-19 Unified Response*



**FOR IMMEDIATE RELEASE**

Thursday, May 21, 2020

## **Semi-Weekly Media Update** From the Calhoun County Public Health Department

As of May 21, at 3 p.m., Calhoun County has a cumulative total of 326 confirmed cases of COVID-19 reported to Calhoun County Public Health Department (CCPHD), with a total of 19 deaths attributed to the virus.

### **Importance of Mental Health Care**

It is important to acknowledge the distress that COVID-19 has caused our population has the potential to snowball into a serious mental health concern. Mental health experts statewide are sharing resources to protect against the damage that COVID-19's impact is likely to have on our population. A recent study by Kent County mental health provider, Pint Rest Christian Mental Health Services, forecasts a 32 percent rise in Michigan suicides this year due to COVID-19. CCPHD urges us all to remember that help is available, and in addition to taking care of yourself through physical COVID-19 prevention guidance, it is just as key to take care of your mental well-being. You do not need to wait for an "emergency" or "crisis" to seek help. Please take care of yourself so we can all continue caring for our community together.

### **Resources for mental health:**

- Summit Pointe: 24/7 | Summit Pointe; Crisis: 800-632-5449 | Office: 269-966-1460
- Grace Health: Mon-Fri, 8 a.m. - 5 p.m.; Office: 269-441-1960
- Bronson Help Net: M/T/W/F 8:30 a.m.-5 p.m., Th 8:30 a.m. - 7 p.m.; Phone: 1-800-969-6162
- Oaklawn: M-F, 8 a.m. -5 p.m.; OPS: 269-781-9119 | Inpatient Unit: 269-781-4884
- Avalon Behavioral Health: M-F, 8:30 a.m. - 4:30 p.m.; Office: 269-962-9611
- Safe Place: 24/7; Phone: 269-96-SAFE (7233) | [www.safeplaceshelter.org](http://www.safeplaceshelter.org)
- Christian Counseling Center of Battle Creek: M-F, 9 a.m. -5 p.m.; Phone: 269-979-8119
- Life Coach Psychology: M-F, 8 a.m. - 7 p.m.; Phone: 269-883-6560

- Headspace web services, a meditation service aimed at managing stress and anxiety, is available for free to Michiganders throughout the COVID-19 crisis. [www.headspace.com/mi](http://www.headspace.com/mi)
- Nationwide, the National Disaster Distress Helpline is available 24/7 via phone (1-800-985-5950) or text (66746).
- Those living with serious mental illness or substance abuse challenges can talk to trained staff in Michigan by contacting the Michigan PEER Warmline at 1-888-PEER-753 (1-888-733-7753), daily from 10 a.m. - 2 a.m.
- For those more comfortable texting than talking, the Michigan Crisis Text Line can be accessed by texting the keyword RESTORE to 741471. This is available 24/7.
- The National Suicide Prevention Lifeline at 1-800-273-8255. Available 24/7. You can also visit [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) online.
- The National Suicide Prevention Deaf and Hard of Hearing Hotline at 1-800-273-8255 (TTY 1-800-799-4889). Or visit [www.suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing/](http://www.suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing/)
- Health care workers, first responders and grocery workers also can reach out to [MI Frontline Support](#), which offers hotline numbers, video support sessions and links to a list of clinicians throughout the state. Note: This is not a free service, but instead a listing of available therapists.

### **2020 Census Reminder**

The shape of future government programs, services, and funding is still being formed through the 2020 Census collection. This includes some vital health services offered through CCPHD. Please help ensure that everyone in Calhoun County counts by responding! If you have not already submitted your census form, you can do so quickly online (<http://my2020census.gov>) or by phone (844-330-2020). The questionnaire is confidential and takes about 10 minutes to complete. (remember to include any children living in your home with you!) Your response helps to direct billions of dollars in federal funds to local communities for schools, roads, and other public services. Results from the 2020 Census will also be used to determine the number of seats each state has in Congress and your political representation at all levels of government.

\*\*\*

For updates from Calhoun County, about County operations and COVID-19 in Calhoun County, visit the County website, [calhouncountymi.gov](http://calhouncountymi.gov).

For updates from the City of Battle Creek, please visit [battlecreekmi.gov/coronavirus](http://battlecreekmi.gov/coronavirus).

The State's COVID-19 Hotline is available for anyone who has questions or concerns related to the virus. The hotline is open seven days a week from 8 a.m.-5 p.m. Call 1-888-535-6136. For state COVID-19 information, visit [michigan.gov/coronavirus](https://michigan.gov/coronavirus).

---

**For information, contact**

Lucy Blair, Calhoun County Communications Manager  
269-781-0926, [lblair@calhouncountymi.gov](mailto:lblair@calhouncountymi.gov)

Jessica Vanderkolk, City of Battle Creek Communications Manager  
269-966-3378, [jlvanderkolk@battlecreekmi.gov](mailto:jlvanderkolk@battlecreekmi.gov)

Calhoun County | 315 W Green St., Marshall, MI 49068

[Unsubscribe treasurer@homeremichigan.org](mailto:treasurer@homeremichigan.org)

[Update Profile](#) | [About Constant Contact](#)

Sent by [lblair@calhouncountymi.gov](mailto:lblair@calhouncountymi.gov) in collaboration with

**Constant Contact** 

Try email marketing for free today!

