



Youth & Family COVID-19 Resources

Crisis Lines

Support available 24 hours a day 7 days a week. Sponsored by a variety of agencies and staffed by trained counselors or volunteers.

Substance Abuse and Mental Health Services Administration (SAMSHA) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746.

CIGNA Free Covid-19 Support Line (available to anyone, not just Cigna customers): 1-866-912-1687.

Michigan 2-1-1: Dial 2-1-1 or text your zip code to 898211.

National Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255).

Team Wellness Center Psychiatric Urgent Care and Suicide Prevention assistance line: 1-888-813-TEAM.

Detroit Wayne Mental Health Authority Crisis Line: 1-800-241-4949

The Trevor Project: TrevorLifeline 1-866-488-7386 or TrevorText START to 678678

Health Insurance Information

Many health insurance providers have adapted Covid-19 response policies that include waived copays and deductibles even for mental health coverage. Below is a link to a site that outlines (with links to) these benefits from many major health insurance providers. You can also get information regarding coverage from your specific provider by calling the number on the back of your insurance card.

<https://www.ahip.org/health-insurance-providers-respond-to-coronavirus-covid-19/>

Uninsured/Underinsured Information

For individuals who do not have health insurance or are underinsured the link below has listings of local clinics and providers that offer services for no or low cost.

<https://findahealthcenter.hrsa.gov/>

Behavioral Health Resources

Northville Youth Network can provide referrals to various behavioral health clinics and practitioners within and surrounding our community. These practices are currently accepting new clients/patients and are providing tele-therapy for youth and families. Please contact our office at 248-344-1618 or email youthnetwork@twp.northville.mi.us.

Substance Use Recovery Resources

SAMSHA Virtual Recovery Resources: <https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>

Food Assistance

Northville Civic Concern: 248-344-1033

C.A.R.E.S. of Farmington Hills: 248-474-8231

Salvation Army Plymouth: 734-453-5464

Various Information for Parents and Caregivers

American Academy of Experts in Traumatic Stress (AAETS) website provides parents with specific suggestions for helping children cope with COVID-19: <https://www.aaets.org/helping-children-cope-emotionally-with-coronavirus>.

National Child Traumatic Stress Network (NCTSN) tip sheet provides parents and caregivers with information related to the health and mental health aspects of coping with COVID-19. It includes a list by age groups of some typical reactions and ways to help children cope: https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf.

ChildMind Institute article and video about talking to your child about the coronavirus pandemic: <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>.

Mental Health America has compiled a vast array of information and resources. Especially noteworthy is the tab for "Parents": <https://mhanational.org/covid19>.