



Youth Mental Health Resources

*for youth
and families*



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Feeling Sad, Stressed, Anxious?

It is understandable to feel sad, disappointed, frustrated, or anxious -- especially if you have mental health challenges. Additional stressors, such as COVID-19, can make these feelings even more overwhelming. Because of the pandemic, you may feel like important events and activities were cut short, so give yourself time to feel sad about that loss. It's also normal to feel anxious about safety now that you can begin spending time in public and with friends and family.

Caring for Yourself

Self-care is important to keep your mind and body healthy. When there are many changes going on around you, it can feel like things are out of control. But routines and schedules can help build a sense of control and keep you healthy. If you're starting to feel down, practice mindfulness and think about positive things in your life.

Seeking Help

We all need a little help sometimes. If you are feeling sad, afraid or overwhelmed, talk to someone you trust - like a family member, close friend, educator, therapist, or case manager. It is important to reach out for help if you need it.

LGBTQ teens might be feeling extra stress during this time. [Check out tips for LGBTQ youth and young adults if you are struggling.](#)

Call or Text Any Time

Help is available 24/7 for free.

People who care can talk with you about how you're feeling.

**Call 1-888-535-6136 and press "8"
or text RESTORE to 741741**

Northwestern Michigan Mental Health Resources

There are many organizations in the area that provide mental health and wellness-oriented services to youth and families. Below are several that may be able to help those who are struggling and seeking assistance:

[MI Support Hotlines](#)

[Get Help Now: Clickable MI Map by County with Links to County Resources](#)

[Grand Traverse County Teen & Youth Clinic Services](#)

[Grand Traverse County Youth Health & Wellness Center](#)

[Youth Health & Wellness Center flyer](#)

[Kalkaska and Antrim County Community Mental Health Quick Guide](#)

[Grand Traverse and Leelanau Community Mental Health Quick Guide](#)

[Kingsley Youth Health Center](#)

[Family Assessment and Safety Team \(FAST\) brochure for families with children age 0 through 20 in crisis](#)

[Kalkaska County Teen Health Corners](#)

[Child and Family Services](#)

Youth Services Crisis Line 231-922-4800

[CentraWellness \(Benzie County\)](#)

Information and 24-Hour Crisis Hotline
1-877-398-2014

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