

COVID-19 SUPPORT LINE

St. Clair County Community Mental Health has a COVID-19 Support Line, with phone, text and e-mail options, available Monday through Friday, 8:30 am – 4:30 pm. The Support Line is staffed by mental health professionals who can:

- Provide support for people who are struggling with feelings of isolation and loneliness
- Provide support for people who are dealing with panic or anxiety over the possibility of getting sick, financial struggle, resource scarcity, or caregiving
- Provide support for first responders, essential employees, medical professionals on the front lines of the Coronavirus situation and struggling with burnout, anxiety, depression and feeling overwhelmed
- Provide support for people who are sick at home, or caring for a sick family member and dealing with fear, anxiety, depression and feeling overwhelmed
- Support anyone who could use someone to talk to during this difficult time

* The COVID-19 Support Line is available to anyone in St. Clair County, you do not need to be using CMH services, or have a mental health diagnosis of any kind. The Support Line should not be used for crisis calls or medical emergencies. The COVID-19 Support Line is not meant to take the place of therapy/counseling or to treat or diagnosis any physical or mental health condition. If the mental health professional determines that the issue is more severe than the COVID-19 Support Line can manage, they will refer people to appropriate resources. If you leave a message and get a call or text back from the COVID-19 Support Line, it may come through as a blocked caller.

To Access SCCCMH Services, or for by-phone crisis intervention, call the Region 10 Access Line at (888) 225-4447. For in-person crisis intervention, call the Mobile Crisis Unit at (810) 966-2575. Both lines can be reached 24 hours a day, 7 days a week.



E-mail: covid19support@scccmh.org

Call: (810) 985-8900

Text: (810) 956-6335



**St. Clair County
Community Mental Health**
*Promoting Discovery & Recovery Opportunities
for Healthy Minds & Bodies*