

CP Area Resources for Immediate Mental Health Needs

Network 180 (N180) - Kent County Community Mental Health

<https://www.network180.org/en/>

790 Fuller, GR, MI 49505

Mobile Crisis Response Team **616-336-3909**

24/7 Access Center for Medicaid families

Network 180 is open 24/7 for walk-in assessment and mental health crisis services for all ages.

Appointments for assessment and evaluation are also available by calling **616-336-3909** and asking to speak to a social worker. Individual and family services available include: outpatient referrals, case management, Autism Spectrum Disorder testing, home based services, wraparound, parent/peer support, substance abuse referrals, and psychiatry services. If there is a mental health issue and the family cannot transport to Network 180, the Mobile Crisis Response Team can assess children and adults anywhere in Kent County.

Pine Rest Christian Mental Health Services

<https://www.pinerest.org/>

For outpatient therapy and program questions call the Central Access at **866-852-400**

Three outpatient clinics near the Rockford community (Northeast Clinic, Northwest Clinic, and Christian Counseling Center) **For crisis and assessment for hospitalization**, call the Contact Center at **616-455-9200**. Along with inpatient and partial day program hospitalization, Pine Rest offers outpatient therapy, various types of testing, psychiatry services for most insurances including some Medicaid insurances.

Forest View Hospital

<https://forestviewhospital.com/>

1055 Medical Park Drive, GR, MI 49546

For inpatient, partial, or outpatient medication management call **616-942-9610** Forest View provides inpatient, partial hospitalization, and outpatient psychiatry services. Private insurance may contact directly to inquire or engage in services. They also have programs dedicated to trauma, eating disorders, and co-occurring disorders. Call **616-942-9610** and ask for **Assessment and Referral**.

Pediatrician or Family Doctor

Please contact your child's physician with concerns about mental health. They can assess and refer you to their preferred providers or emergency services.

OK2SAY: 8-55OK2SAY or text: 652729 (OK2SAY) or <https://www.michigan.gov/ok2say>

Crisis Text Line: crisistextline.org or text HOME to 741741

If you need immediate assistance for utilities, food, housing, or health care clinics:

For packed breakfast and lunch, you can still complete the following survey: - <https://forms.gle/mFVwuN4S3n6fUGjc9>

United Way: contact 211 by phone or text (toll free for Kent/Berry 800.877.1107) or www.211.org

North Kent Connect: www.nkconnect.org

Mobile Food Pantries: <https://www.feedwm.org/findfood/>

Kent County Health Department Clinic: https://www.accesskent.com/Health/health_clinics.htm

If you are a youth in need of shelter, call The Bridge 616.451.3001 or 877.275.7792

Other Helpful Resources

Online Tools for Students:

Elementary Students	Secondary Students
<ul style="list-style-type: none"> • Go Noodle • I Am Peace A Book of Mindfulness • Take 5 Breathing • Lesson on Emotions <ul style="list-style-type: none"> ○ (optional join code: CHIYX) • 20 Social-Emotional Activities for Home • Belly Breathe • Local School Social Worker on recent events 	<ul style="list-style-type: none"> • Relaxation Video • Mindfulness Video 1 • Mindfulness Video 2 • Guided Meditations • Relaxation Techniques • Release • Anxiety Overview

COVID-19 Related Resources for Parents & Caretakers:

Parents of Elementary Students	For Parents of Secondary Students
<p>Coronavirus Information for Elementary Parents English (American Academy of Pediatrics)</p> <p>How to Talk to Your Kids about Coronavirus (PBS)</p> <p>How to Help your Cope with COVID Stress (World Health Organization)</p>	<p>Coping with Stress During Infectious Disease Outbreaks (SAMHSA)</p> <p>Coping with Coronavirus Anxiety (Harvard Medical School)</p> <p>Manage Anxiety and Stress (CDC)</p>

Wellness Related Smartphone/Ipad/Device Applications:

(Search them using the App Store on your phone)

InsightTimer

 headspace



TAKE A CHILL

123
SESAME STREET



BREATHE, THINK, DO

