

**MEDIA CONTACT:**

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The Health Department of Northwest Michigan wants to reiterate that the curve is flattening, and our local efforts are working to prevent the spread of COVID-19 in our communities. However, we recognize that our prevention efforts to save and protect lives may lead to physical, mental or emotional distress for some residents.

Lisa Peacock, Health Officer, shares, “we know that these are difficult conditions. Social isolation affects everyone differently depending on personal circumstances, and many people are also experiencing severe financial and social stressors, as well as grief and loss. We want to remind our communities that there are state and local resources available to support anyone experiencing difficulties as a result of the COVID-19 pandemic.”

Mental health resources have expanded greatly to address increased need, as residents may face greater stress and anxiety due to the COVID-19 pandemic. The State of Michigan Stay Home, Stay Well mental health initiatives include:

- The statewide peer “Warmline” for Michiganders living with persistent mental health conditions. The warmline operates seven days a week from 10 a.m. to 2 a.m. at 888-PEER-753 (888-733-7753).
- The Healthcare Provider Support Hotline is available for Michigan healthcare personnel needing support. The hotline is available by calling 888-910-1636.
- Confidential text conversations with a crisis counselor. Trained crisis counselors are available 24/7 by texting the keyword RESTORE to 741741.
- The National Suicide Prevention hotline. People having suicidal thoughts are urged by MDHHS to contact the National Suicide Prevention Lifeline 24/7 at 800-273-8255.
- The Disaster Distress Helpline for anyone in distress pertaining to the COVID-19 crisis. It is available 24 hours a day, seven days a week by calling 800-985-5990, or texting 66746.
- Free access to the Headspace website for all Michigan residents, which provides evidence-based guided meditations to address rising stress and anxiety. Visit [Headspace for MI](#) to create your account.

Additional information about all of these resources can be found on the MDHHS [Stay Home, Stay Well](#) webpage. Residents can call 211 to get information and resources locally for their needs.

As of 4:00pm, the Health Department of Northwest Michigan is reporting positive COVID-19 cases in the following counties: Antrim – 10, Charlevoix – 13, Emmet – 21, Otsego – 93; and confirmed COVID-19 deaths in the following counties: Charlevoix – 1, Emmet – 2, Otsego – 8.

Due to software and web issues, the State of Michigan’s daily update to case counts will happen later tonight. As of yesterday, the State of Michigan has reported 43,754 cases and 4,049 deaths; and as of April 24, cumulative recovered cases: 15,659.

Stay up to date on the latest information in the Health Department jurisdiction by [liking and following our Facebook page](#) and visiting our [COVID-19 Data Dashboard](#).

The Health Department of Northwest Michigan is mandated by the Michigan Public Health Code to promote wellness, prevent disease, provide quality healthcare, address health problems of vulnerable populations, and protect the environment for the residents and visitors of Antrim, Charlevoix, Emmet, and Otsego counties. For more information, visit nwhealth.org.

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