

STRESS MANAGEMENT WORKSHOP RESOURCES

National Suicide Prevention Lifeline: 800-273-8255

<https://suicidepreventionlifeline.org/>

Michigan Suicide Prevention Coalitions and Crisis Lines

https://www.michigan.gov/mdhhs/0,5885,7-339-71548_54879_54882_91271_91689---,00.html

Center for Disease Control:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Common Ground: 800-231-1127

<https://www.commongroundhelps.org>

Community Network Services: 800-615-0411

<https://www.cnsmi.org>

Oakland Community Health Network: 248-858-1210

<https://www.occmha.org>

HAVEN (Sexual Assault / Domestic Violence): 877-922-1274

<https://www.haven-oakland.org>

Oakland Family Services: 877-742-8264

<https://www.oaklandfamilyservices.org>

Lighthouse of Oakland County: 248-920-6100

<https://www.lighthouseoakland.org>

Substance Abuse 24-hour access line: 800-467-2452

Alcoholics Anonymous: <https://aa-semi.org>

Narcotics Anonymous: <https://na.org>