



## COVID-19 Tri-County Wellness Checklist

This document provides resources for many of the concerns students and families may be facing during this COVID-19 crisis.

<b>Health</b>	
<p>Is anyone in your household experiencing health-related issues (COVID-19 or otherwise)?</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Center for Disease Control</a></li> <li><input type="checkbox"/> <a href="#">Barry Eaton District Health Department</a></li> <li><input type="checkbox"/> <a href="#">Ingham Health Department</a>: Ingham County Health Department Hotline: 517-887-4517</li> <li><input type="checkbox"/> <a href="#">Mid-Michigan District Health Department (Clinton County)</a></li> <li><input type="checkbox"/> <a href="#">Eaton Rapids Medical Center</a></li> <li><input type="checkbox"/> <a href="#">McClaren Greater Lansing</a></li> <li><input type="checkbox"/> <a href="#">Sparrow Hospital Lansing</a></li> <li><input type="checkbox"/> <a href="#">Sparrow Eaton Hospital</a></li> <li><input type="checkbox"/> <a href="#">Sparrow Clinton Hospital</a></li> </ul>
<p>How to protect yourself from COVID-19</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Center for Disease Control</a></li> <li><input type="checkbox"/> <a href="#">State of Michigan</a></li> <li><input type="checkbox"/> <a href="#">COVID-19 Preparation Checklist</a></li> </ul>
<p>How to get information about COVID-19 in multiple languages</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">RDC - Coronavirus</a>: The Refugee Development Center offers audio announcements about COVID-19 in multiple languages.</li> </ul>
<p>Where to get a COVID-19 test</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">COVID-19 Test Finder</a></li> <li><input type="checkbox"/> <a href="#">Testing Guidelines</a></li> </ul>
<p>Frequently asked COVID-19 Health Questions</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">State of Michigan</a></li> <li><input type="checkbox"/> <a href="#">Center for Disease Control</a></li> </ul>
<p>Is your household dealing with the loss of a family member?</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Supporting Grieving Children and Teens</a></li> <li><input type="checkbox"/> <a href="#">Ele's Place COVID-19 Resources for Children and Teens</a></li> <li><input type="checkbox"/> <a href="#">National Alliance for Grieving Children: Responding to Change and Loss Toolkit</a></li> </ul>

<p>Do you need help talking to kids about COVID-19?</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Child Mind Institute: Talking to Kids About the Coronavirus</a></li> <li><input type="checkbox"/> <a href="#">U of M: Talking to Kids about Coronavirus</a></li> <li><input type="checkbox"/> <a href="#">Lego Social Story about Coronavirus</a></li> <li><input type="checkbox"/> <a href="#">Explaining Coronavirus to Kids with Autism</a></li> <li><input type="checkbox"/> <a href="#">Helping Children Cope from Changes Related to COVID-19</a></li> </ul>
<p>Is anyone in your home in need of mental health supports?</p>	<p>If you are thinking about harming yourself, please get help now and <b>call 911</b> or go to your nearest <b>emergency room</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">National Suicide Prevention Lifeline</a> available 24/7. 1-800-273-8255</li> <li><input type="checkbox"/> <a href="#">SAMSHA Disaster Distress Helpline</a> FREE 24/7 counseling &amp; support: <a href="#">1-800-985-5990</a> or text TalkWithUs to 66746</li> <li><input type="checkbox"/> <a href="#">Clinton Eaton Ingham Community Mental Health</a> 24/7 Crisis Line: Toll Free: 800-372-8460 Local: 517-346-8460 TTY: 517-267-7623</li> <li><input type="checkbox"/> <a href="#">CEI-CMH</a> has also developed a COVID-19 Support Line: Monday-Friday, from 8:30 am - 4:30 pm. Call (517) 237-7100.</li> <li><input type="checkbox"/> <a href="#">National Domestic Violence Hotline</a>: Call 1-800-799-7233 and TTY 1-800-787-3224</li> <li><input type="checkbox"/> <a href="#">Mental Health and Coping During COVID-19</a></li> <li><input type="checkbox"/> <a href="#">Tips for Supporting Student Wellness at Home During COVID-19</a></li> </ul>
<p>Is anyone in your house struggling with stress or anxiety?</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Mind Yeti for Children</a></li> <li><input type="checkbox"/> <a href="#">Free Headspace App</a></li> <li><input type="checkbox"/> <a href="#">Smiling Mind Free App</a></li> <li><input type="checkbox"/> <a href="#">Mindful.org</a></li> <li><input type="checkbox"/> <a href="#">Anxiety Workbook for Teens</a></li> <li><input type="checkbox"/> <a href="#">Clinton Eaton Ingham Community Mental Health</a></li> </ul>
<p>Do you need help supporting a student with autism?</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">CEI Community Mental Health Autism Services</a></li> <li><input type="checkbox"/> <a href="#">The Autism Educator</a></li> <li><input type="checkbox"/> <a href="#">Online toolkit for those supporting a student with autism during COVID-19</a></li> </ul>

<b>Family Support</b>	
<p>Are you, or other family members in your household, working remotely while also providing care for your children?</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">The Capital Area United Way</a> Emergency Relief Fund: please dial 2-1-1 (or 866-561-2500)</li> <li><input type="checkbox"/> <a href="#">MI Bridges - Child Development and Care</a></li> </ul>
<b>Food Assistance</b>	
<p>Is your family in need of food assistance?</p> <p>State Food Assistance and Double Up Food Bucks have adapted to greater purchasing capacity per visit needed during the pandemic.</p> <p>Free lunch programs are still available through many schools. Contact your local food service provider at your school.</p> <p>Contact food pantries to see updated opening/closings and policies before going.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">State Food Assistance - MI Bridges</a></li> <li><input type="checkbox"/> <a href="#">Double Up Food Bucks</a></li> <li><input type="checkbox"/> <a href="#">Summer Food Service Programs</a></li> <li><input type="checkbox"/> <a href="#">Lansing School Closure Food Service Program</a></li> <li><input type="checkbox"/> <a href="#">Capital Area Community Services</a></li> <li><input type="checkbox"/> <a href="#">Greater Lansing Food Bank - Coronavirus</a></li> <li><input type="checkbox"/> <a href="#">Eaton County Food Pantries</a></li> <li><input type="checkbox"/> <a href="#">Ingham County Food Banks and Resources</a></li> <li><input type="checkbox"/> <a href="#">Clinton County Food Pantries</a></li> <li><input type="checkbox"/> <a href="#">Summer Food Service Programs</a></li> <li><input type="checkbox"/> Eaton County Grocery Delivery for those at high risk: Call 517-543-5261 to set up a delivery.</li> <li><input type="checkbox"/> <a href="#">Clinton Transit</a> is offering grocery delivery to seniors and people with disabilities. Call 989-224-8127 to set up a delivery</li> <li><input type="checkbox"/> <a href="#">YMCA Healthy Living Mobile Kitchen Bus</a></li> </ul>
<b>Transportation</b>	
<p>Does anyone in your home need public transportation?</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Capital Area Transportation Authority (CATA)</a>: In Ingham County, CATA offers free demand-response service for the community's most vulnerable populations, as well as its essential workforce. Fixed route bus service is suspended. Riders should wear a mask. Call 517-999-2549 to schedule essential rides.</li> <li><input type="checkbox"/> <a href="#">EATRAN</a>: Call 517-543-4087 to schedule rides. EATRAN is providing rides to and from medical appointments, pre-scheduled grocery pick-ups from participating Eaton County grocery stores, and Meals on Wheels delivery services.</li> <li><input type="checkbox"/> <a href="#">Clinton Transit</a>: In Clinton County, Clinton Transit is offering rides to grocery stores and other essential functions. Call 989-224-8127 to schedule rides.</li> </ul>

<b>Financial Assistance</b>	
Is your household experiencing financial difficulty as a result of COVID-19?	<ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">MI Bridges - Cash Assistance, State Emergency Relief and Healthcare Coverage</a></li> <li><input type="checkbox"/> <a href="#">Capital Area Community Services</a></li> <li><input type="checkbox"/> <a href="#">Need help paying bills - Clinton County</a></li> <li><input type="checkbox"/> <a href="#">Need help paying bills - Eaton County</a></li> <li><input type="checkbox"/> <a href="#">Need help paying bills - Ingham County</a></li> <li><input type="checkbox"/> <a href="#">Michigan 211</a> by phone at 2-1-1</li> <li><input type="checkbox"/> <a href="#">Michigan Unemployment</a></li> <li><input type="checkbox"/> <a href="#">CAHP COVID-19 Housing Guide</a></li> <li><input type="checkbox"/> <a href="#">Mid-Michigan Housing Services for Eaton and Clinton Counties</a></li> <li><input type="checkbox"/> <a href="#">Michigan State Housing Development Authority</a></li> <li><input type="checkbox"/> <a href="#">Consumers Energy COVID-19 Response Plan</a></li> <li><input type="checkbox"/> <a href="#">BWL COVID-19 Update</a></li> <li><input type="checkbox"/> <a href="#">City of Lansing COVID-19 Finances</a></li> <li><input type="checkbox"/> City of Lansing Foreclosure Assistance: Call Joseph McDonald at 517-275-2376 or email him at: <a href="mailto:joseph.mcdonald@lansingmi.gov">joseph.mcdonald@lansingmi.gov</a></li> </ul>
Is your family in need of internet services or relief from potential disconnection of communications services?	<ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Comcast Internet Essentials</a></li> <li><input type="checkbox"/> <a href="#">AT &amp; T Free</a></li> <li><input type="checkbox"/> <a href="#">Keep Americans Connected Information</a></li> </ul>
<b>Seniors</b>	
Senior Services	<ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Tri-County Office on Aging COVID-19 Response</a></li> <li><input type="checkbox"/> <a href="#">Meals on Wheels</a></li> </ul>
<b>State and Local COVID-19 Comprehensive Resource Guides</b>	
Greater Lansing Area COVID-19 Resource Guide from Peckham	<ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Greater Lansing Area COVID-19 Resource Guide from Peckham</a></li> </ul>
Michigan COVID-19 Pandemic Resource Guide from U of M	<ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Michigan COVID-19 Pandemic Resource Guide</a></li> </ul>
State of Michigan COVID-19 Resources	<ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">State of Michigan</a></li> </ul>

Resource sheet created in partnership with:



**ECSAAG**

Eaton County  
Substance Awareness  
Advisory Group



Special thanks to Lapeer County ISD, Peckham and University of Michigan for the resource guides they created, which were used as the foundation for our COVID19 Tri-County Wellness Checklist. Many hands make light work.