

KNOW MORE

ABOUT ADDICTION

Genesee County Substance Use Prevention Project



Community Resource Guide

for Mental Health



GREATER FLINT HEALTH COALITION



GHS Genesee
HEALTH SYSTEM

**MICHIGAN HEALTH
ENDOWMENT FUND**

KnowMoreGenesee.org

MENTAL HEALTH: WHAT YOU NEED TO KNOW

If you are concerned about or struggling with mental health or know somebody who is, this resource will help you better understand mental health. Know more about mental health and get help if needed. You are not alone.

What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Mental health is defined as the successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to change and to cope with adversity.

Mental health is an important topic for everyone. Whether we are thriving or struggling, it is important to reflect on how we are doing. Even though we may be thriving in a season of life, it does not mean that we always will be. On the contrary, seasons of struggling with mental health will not last forever with the proper care and support.



What Causes Mental Health Problems?²

There is no single cause for mental health struggles. A number of factors can contribute to risk for mental health conditions, such as:

- Early adverse life experiences, such as trauma or a history of abuse
- Experiences related to other ongoing (chronic) medical conditions, such as cancer or diabetes
- Biological factors or chemical imbalances in the brain
- Use of alcohol or drugs
- Having feelings of loneliness or isolation
- Life stressors such as financial difficulties, unhealthy relationships, or instability in the home

Symptoms of Mental Health Problems³

The following are signs that you or a loved one may want to speak to a medical or mental health professional. It is especially important to pay attention to sudden changes in thoughts and behaviors. Also keep in mind that the onset of several of the symptoms below, and not just any one change, may indicate a problem that should be assessed. The symptoms below should not be due to recent substance use or another medical condition.

- Confused thinking
- Prolonged depression (sadness or irritability)
- Mood swings (feelings of extreme highs and lows)
- Excessive fears, worries, and anxieties
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger
- Strange thoughts (delusions)
- Seeing or hearing things that aren't there (hallucinations)
- Growing inability to cope with daily problems and activities
- Suicidal thoughts
- Substance use

Prevalence of Mental Health Conditions in the U.S.

Many people think that mental health problems are rare, but it is in fact very common. If someone you know is struggling with mental health, they should know they are not alone and it is healthy to talk about their struggles.

- **1 in 4 adults** experiences a diagnosable mental health condition in a given year⁴
- **1 in 5 youth** ages 13-18 experiences a severe mental health condition at some point during their life⁴
- **46% of people** will experience a diagnosable mental health condition at some point in their life⁵
- **African-Americans and Hispanic-Americans** utilized mental health services at about half the rate of Caucasian-Americans in the past year⁶
- **60% of all adults and approximately 50% of all youth** ages 8-15 with a mental health condition received no mental health services in the previous year⁶
- Approximately **6.7% of American adults – about 14.8 million people** – live with major depression⁶
- Approximately **18.1% of American adults – about 42 million people** – live with anxiety⁶

¹ <https://doh.wa.gov/sites/default/files/legacy/Documents/1500/GHS-MENT2007.pdf>

² <https://www.cdc.gov/mentalhealth/learn/index.htm>

³ <https://www.mhanational.org/recognizing-warning-signs>

⁴ <https://www.hopkinsmedicine.org/health/wellness-and-prevention/mental-health-disorder-statistics>

⁵ <https://www.mhanational.org/mentalhealthfacts>

⁶ <https://www.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis/Navigating-A-Mental-Health-Crisis>

MANAGING MENTAL HEALTH

Helpful Tips for Managing Mental Health

Self-care can play a role in maintaining your mental health and help support your treatment and recovery if you have a mental health condition.⁷



Support Network

Whenever possible, seek support from friends and family members. If you feel that you cannot discuss your situation with friends or other family members, find a support group or counselor.



Make Sleep a Priority

Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.



Set Goals and Priorities

Decide what must get done now and what can wait. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.



Seek Counseling

Mental health professionals can provide a unique perspective and help reshape the way we think. It is encouraged to talk with multiple professionals until you find a great fit for you personally.



Physical Activity

Just 30 minutes of walking every day can help boost your mood and improve your health.



Practice Gratitude

Remind yourself daily of the things that you are grateful for. Be specific. Write them down at night, or replay them in your mind.



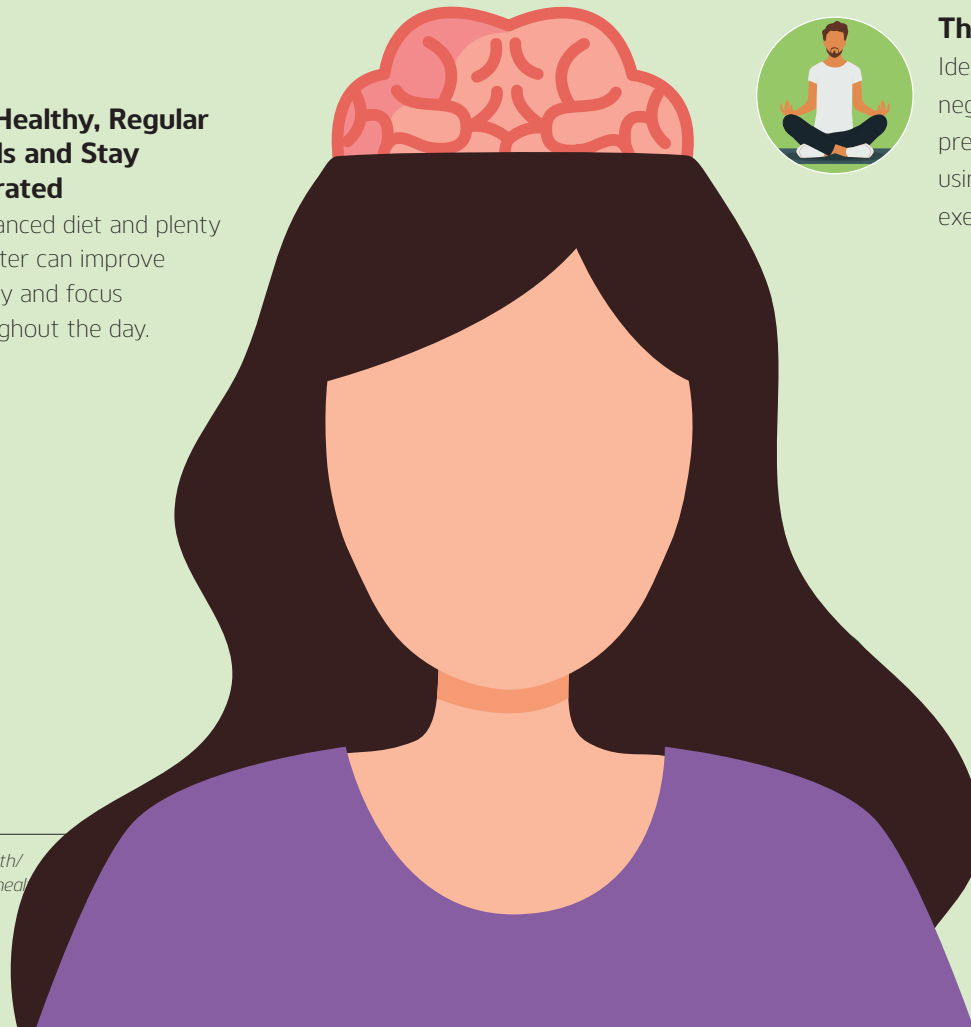
Eat Healthy, Regular Meals and Stay Hydrated

A balanced diet and plenty of water can improve energy and focus throughout the day.



Think Intentionally

Identify and challenge negative thoughts. Stay present in the moment using mindfulness exercises.



⁷ <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health/>

MENTAL HEALTH RESOURCES IN GENESEE COUNTY AND SURROUNDING AREAS

If you believe there is a danger to yourself or someone else, call 9-1-1 immediately or go to the nearest hospital or other setting that offers emergency care.



420 W. Fourth Avenue
Flint, MI 48503

(810) 496-5500
TTY (810) 232-6310
Toll-Free (877) 346-3648

Walk-in Services

Monday – Friday · Call for available hours

Virtual Chat Services

7 days a week / 24 hours a day

No out-of-pocket costs. GHS covers any co-pays as well as the full cost for those without insurance. Please have any insurance card available.

Please have the following information available when calling to expedite the process:

- Name, date of birth, social security number
- Medical insurance card or numbers, including Medicaid (if applicable)

If an individual has insurance other than Medicaid, call the insurance plan directly to determine covered services and providers.



Genesee County Mental Health Resource Directory

Catholic Charities of Shiawassee and Genesee Counties

901 Chippewa St, Flint, MI 48503
(810) 232-9950

Outpatient counseling, therapy services, and case management for mental health conditions, developmental disabilities, and addiction or co-occurring disorders.

Genesee Community Health Center

725 Mason St, Flint, MI 48503
(810) 496-5777

Behavioral health services including: screenings, psychiatric care, substance use services, psychotherapy and brief interventions for all age groups.

Hamilton Community Health Network

2900 N. Saginaw St, Flint, MI 48505
(810) 406-4246

Diagnostic assessments, psychotherapy, and psychoanalytic techniques through several treatment modalities for children, adolescents, adults, and geriatric.

Hurley Medical Center

1085 S. Linden Rd, Suite 150
Flint, MI 48532
(810) 262-2100

Mental health therapy geared to each patient's individual goals and desire for change.

McLaren Health Care – Behavioral Health

401 S. Ballenger Hwy, Flint, MI 48532
(810) 342-5337

Full spectrum of psychiatric services for all age groups including emergency, inpatient, and outpatient counseling.

Mott Children's Health Center

806 Tuuri Place, Flint, MI 48503
(810) 237-7572

Mental health services for children and adolescents.

NAMI Genesee County

2346 Stonebridge Dr., Flint, MI 48532
(810) 232-6498
www.namigenesee.org

Support groups for individuals and families experiencing mental health issues. Information and referrals to other resources in the community. All services are free of charge.

National Suicide Prevention Lifeline

9-8-8

24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

REACH – Traverse Place

914 Church St, Flint, MI 48502
(810) 233-8700

Crisis intervention, counseling, safe shelter, family counseling, and referral services to other programs for additional help.