

# COVID-19 Community Resource Quick Sheet

If you are in need of additional resources not included on this sheet, please contact the Livingston County Health Department at 517-546-9850 and we can help.

## Mental Health Resources

If you're feeling emotional distress due to the COVID-19 pandemic, help is available. There are many ways to connect with emotional-support services without the need to leave home. The Michigan Department of Health and Human Services (MDHHS) developed a website to offer mental health resources and support for all ages. For more info, visit [bit.ly/34Hvfs6](https://bit.ly/34Hvfs6).



## Livingston Human Services Collaborative Body (HSCB) – [bit.ly/35MQ709](https://bit.ly/35MQ709)

The Livingston HSCB is essential to providing the community with links to resources and support throughout the COVID-19 response. They created a one stop document to identify local resources available in your area.



## Oakland Livingston Human Service Agency (OLHSA) – [olhsa.org/livingston-county](https://olhsa.org/livingston-county)

OLHSA welcome those in need with a comprehensive set of services, focusing on meeting the basic needs of senior citizens, persons with disabilities, and people suffering from economic hardship. OLHSA created quarantine kits for qualifying families (household must fall within 200% of the federal poverty level). To see if you qualify, call 517-546-8500.



## 2-1-1 – [211.org](https://211.org)

211 is a vital service that connects millions of people to local resources every year. Speak with a live, highly trained service professional by dialing 211 on your phone or visit [www.211.org](https://www.211.org). 211 is available 24/7/365 and all calls are confidential. Language assistance is also available.



## Sesame Street – [sesamestreet.org/caring](https://sesamestreet.org/caring)

These are challenging times, and your friends at Sesame Street are here to help. Our new hub is filled with videos, playful learning activities, and ways to help families stay physically and mentally healthy.

The Sesame Street Muppets are staying home, too, but still connecting with friends online—and each week we'll post new videos, like Singalong with Elmo or Snack Time with Cookie Monster.



## Current COVID-19 Information

For current COVID-19 information and updates, visit one of these trusted resources:

LCHD  
[lchd.org](https://lchd.org)

MDHHS  
[michigan.gov/coronavirus](https://michigan.gov/coronavirus)

Centers for Disease Control and Prevention  
[cdc.gov/coronavirus/2019-ncov](https://cdc.gov/coronavirus/2019-ncov)