

SHORT TERM THERAPY BENEFIT AVAILABLE

Community Mental Health for Central Michigan (CMHCM) is offering a variety of services to our communities via telephone and teletherapy options during this challenging time. In addition to our existing services we are now offering short-term brief therapy at no cost to members of our communities. CMHCM serves Midland, Gladwin, Isabella, Clare, Mecosta, and Osceola Counties. Community members will have access to up to four sessions of free therapy to address mental health needs related to our current difficult times. Please contact your local CMHCM office to inquire about this service.

The following Crisis Intervention Services remain available:

800.317.0708

CMHCM 24/7
Crisis Mobile
Intervention Team
Services
(CMIT)

800.273.8255

National Suicide
Prevention
Lifeline

**TEXT HOME
741741**

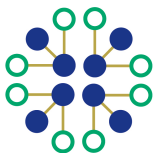
24/7 Crisis
text line

800.273.8255

National Suicide
Prevention
Lifeline

800.535.6136

COVID-19
Helpline
or text
66746



**Community
Mental Health**
FOR CENTRAL MICHIGAN