**Virtual/Phone Mental Health Supports**

Traverse Area Public Schools (TCAPS):

"If a student (or family member) needs to talk to one of the district’s social workers or counselors during the state-mandated K-12 school closures, parents/guardians are asked to [complete this form](https://docs.google.com/forms/d/e/1FAIpQLSfPA2yWZ6udvpfC7yC6eb_uDgHdbO6C9jqtnDT0Vv9UgetBMw/viewform). Certified staff will reach out within 24 hours via a phone call or a Google hangout (through an email invite)."

<https://docs.google.com/forms/d/e/1FAIpQLSfPA2yWZ6udvpfC7yC6eb_uDgHdbO6C9jqtnDT0Vv9UgetBMw/viewform>

ALL Areas:

Medical or safety emergency: 9-1-1

- 24 hour mental health crisis line: 1-833-295-0616 (Northern Lakes Community Mental Health-FAST)

- Crisis counselor text line (24/7, national service): text HOME to 741741

- National Suicide Prevention Hotline: 1-800-273-8255

- Submit tip of criminal activity (OK2SAY): [https://www.michigan.gov/ok2say/](https://www.google.com/url?q=https://www.michigan.gov/ok2say/&sa=D&ust=1584621221800000&usg=AFQjCNHP7-fl1qkW8EnVdLu3hF9vVV4QaA)

- National Domestic Violence Hotline (24/7, for survivors & victims): 1-800-799-7233, or text LOVEIS to 22522

- United Way (all general community resource inquiries): 2-1-1

- Michigan DHHS Coronavirus Hotline: 1-888-535-6136, 8 a.m.-5 p.m., 7 days/week

- Substance Use/Substance Use Disorder recovery support: [https://m.facebook.com/groups/388460735141614?view=permalink&id=492835488037471](https://www.google.com/url?q=https://m.facebook.com/groups/388460735141614?view%3Dpermalink%26id%3D492835488037471&sa=D&ust=1584621221800000&usg=AFQjCNGU7_Ah5iwixtnGxN9nbDSpxTgG5Q)