These are difficult times for us all, and we want you to know that the Ingham Community Health Centers, operated through the County Health Department are here for you. Your school district is fortunate enough to have Health Clinics located in them, which provide mental health services to you all. Whether you are struggling with your lack of social interaction, feeling down or low, anxiety, grief/loss, having family difficulties or any other issues; we encourage you to reach out and have a safe and confidential space to talk.

During the time schools are closed, we are offering TeleHealth services. We are using an audio and video platform to communicate with you through the Zoom application, which can be downloaded on your phone or computer. If you do not have access to a computer or smartphone we are also able to do telephone sessions with you.

We want you all to have the support you need during these difficult times and know that “social distancing” can be extremely difficult for everyone. Please call/text at the number below if you would like to arrange a time to talk.

All of us at the Health Department hope you are all staying safe and healthy during these trying times.

Sincerely,

Milisa Rahme, LMSW - 517-881-7864