

March 16, 2020

RE: COVID-19

## A Statement from **CENTER[ED] ON WELLNESS:**

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In accordance with CDC recommendations concerning Covid-19, many mental health facilities are canceling in-person counseling indefinitely. As a result, CENTER[ED] ON WELLNESS has initiated new protocol to protect the health and wellness of clients and staff.

**If you are a current client** – Your sessions can be via phone with your counselor. Your counselor will call you (*using the number you provided for reminder calls*) at the start of your scheduled session time.

1. Put yourself in a private, quiet, and secure place to talk;
2. Do not have music, television, computer, or any other distractions;
3. Reminder that the phone number your counselor is calling from will be listed as either “private,” “unknown,” “blocked” etc. Please be prepared to answer the call.

**If you are a new client** – Your first session will need to be in-person with a Counselor. We will be coordinating with counselors as to who has availability. Our lead times for first sessions will be longer than usual due to the additional steps taken for the safety and health of everyone.

CENTER[ED] ON WELLNESS needs your help to obtain additional secured phone/video services to maintain our community’s mental wellness, combat social isolation, and keep people both mentally and physically healthy. You can donate via our website ([centeredonwellness.info](http://centeredonwellness.info)) to help our not-for-profit serve the mental wellness and addiction recovery of Southwestern Michigan.

Be Centered,

*Kim Forsey*

Kim Forsey  
Executive Director

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1850 Colfax Avenue, Benton Harbor, MI 49022

*Michigan Satellite Offices:*

Benton Harbor, Coloma,  
Niles, St. Joseph, Sawyer,  
South Haven, Stevensville



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## Stick with the Facts

(from the Depression and Bipolar Support Alliance-DBSA)

Though often unintentional, misinformation spreads during public health emergencies. Getting information from credible sources is key to maintaining a helpful level of awareness. Both Centers for Disease Control and Prevention and the World Health Organization offer up-to-date facts to stay informed and resources to help stay well.

### Centers for Disease Control and Prevention (CDC)

- [Coronavirus Disease 2019 \(COVID-19\)](#)
- [Mental Health and Coping During COVID-19](#)
- [Helping Children Cope with Emergencies](#)

### World Health Organization (WHO)

- [Coronavirus disease \(COVID-19\) advice for the public](#)
- [Myth Busters](#)

### Attention to Lifestyle

Monitoring our day-to-day habits like sleep, nutrition, and exercise play a huge role in wellness. The [Lifestyle](#) section in DBSA's Wellness Toolbox offers education and resources to practice and maintain wellness.

### Crisis and Safety Management

Because mood disorder symptoms can heighten in times of added stress, creating a safety plan can help [prevent a mental health crisis](#). **If you are having thoughts of death or suicide, call 1-800-273-TALK or text DBSA to 741-741. If you need immediate assistance, call 911 or go to the nearest hospital emergency room.**

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