



The COVID-19 pandemic has created emotional distress within Michigan’s older adults. Older adults as well as those that care for them have reported feeling anxious, depressed and uncertain about the future. These feelings are normal and understandable—and it can help to talk to someone.

### ***Be Kind to Your Mind.***

**Call the Michigan Stay Well counseling line for free emotional support.**

**Dial 1-888-535-6136 and press “8.”**

Remain on the line until you hear the prompt to speak with a Stay Well counselor.

This service is free, confidential, and available 24/7.

### ***Interested in connecting with peers?***

Do you know an older adult who might benefit from talking to peers about COVID-19 stressors? When it comes to the pandemic, we’re all in this together—but seniors often feel isolated and lonely. That’s why we offer a Stay Well support group specifically for seniors and older adults. Interested participants can sign up for one or more sessions at: <https://bit.ly/3flakdo>

For more guidance on coping with pandemic-related distress, visit [Michigan.gov/StayWell](https://Michigan.gov/StayWell).



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