



**NORTH OAKLAND  
COMMUNITY COALITION**



# **Mental Health Guide**

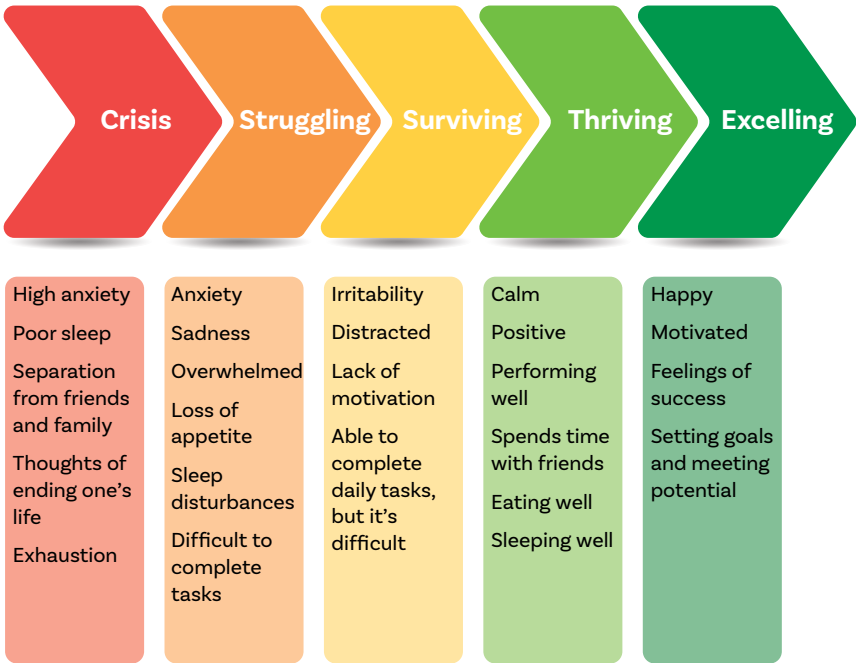
*Serving the Lake Orion and Oxford communities*



**Mental Health is an important piece of wellness.**  
This booklet was created as a guide to support the  
well-being of you and your family.

# Mental Health Continuum

Mental health is fluid and constantly changing. We should strive to maintain a healthy balance and be aware of changes that could require professional assistance.



**Helpful Hint!** Being able to identify where you are on the continuum can help you know when to use self-care and improve how you feel.

# Maintaining Mental Health



**Thriving and excelling =  
Balanced Mental Health!**

Everyone wants to enjoy good mental health. That may look different for every individual, but always includes the ability to manage everyday stressors while maintaining an overall sense of positivity.



**Helpful Hint!** *You can have brief periods of sadness, especially situational sadness, even when your health is thriving.*

## **Thriving/Excelling Mental Health can include:**

- Feeling energized and rested after a full night of sleep.
- Having continued motivation throughout your day and feeling like you can accept and carry out planned and unplanned tasks.
- Being excited to spend time with loved ones.

## **Thriving/Excelling Mental Health can also include:**

- A period of sadness after an event or situation such as break ups, death or financial problems.
- Nervous feelings or some anxiety when dealing with life stressors, including good stress like weddings, meeting new people, and moving!
- Brief feelings of being overwhelmed when life is busy, without it affecting your overall happiness.

# Healthy Habits and Coping Skills

Many of the healthy habits that help us support balanced mental health can also act as coping skills during challenging times. Some examples of this are:

- Consistent sleep patterns
- Exercise
- Talking to a trusted friend
- Hobbies you enjoy

As you move throughout the continuum, you may find yourself aligning with the feelings listed under surviving. This is an opportunity to use effective coping tools. If using effective coping tools is not helping, it is time to talk to a mental health professional. If you are surviving and find yourself choosing ineffective coping strategies, call a professional as soon as possible.



## Ineffective Coping Skills

Substance misuse  
Avoidance  
Isolation  
Aggression/Violence  
Self-deprecation

## Effective Coping Skills

Exercise  
Breathing exercises  
Talking with friends  
Mindfulness



**Helpful Hint!** *If effective coping skills are not helping you to feel like you are thriving, talk to a mental health professional.*

# Identifying Challenges and Crisis



People diagnosed with mental health challenges such as anxiety and depression can excel and thrive. A mental healthcare provider can assist you in creating a management plan for mental health conditions. Having a plan in place when challenges occur

can help you stay healthy. Being aware of indicators and having a plan in place will help you feel and stay healthy when symptoms of these challenges occur.

## Mental Health Conditions and Challenges

### Examples include:

- Anxiety
- Depression
- Bipolar
- Post Traumatic Stress Disorder
- Panic Attacks

### Caring for yourself:

- Know what actions or environments intensify your symptoms
  - Do large crowds affect you?
  - Do noises, smells, or certain images cause discomfort?
- Have a plan in place to relieve your symptoms.
  - Breathing exercises
  - Music
  - Walking
- Have numbers of trusted friends and family accessible.
- Call or text 988.



**Helpful Hint!** *Having an established care provider leads to a quicker recovery in the event of a mental health crisis.*

### *Caring for others:*

- Be aware of the signs and symptoms of their challenges.
- Use a patient and calm voice, speak slowly with reassurance.
- Know who to call if they get too overwhelmed.
- Ask if they are considering suicide.
- Be prepared to call 988 on their behalf.

### **Mental Health Crisis**

A mental health crisis is any situation in which a person's behavior puts themselves at risk of personal harm or harming others. A crisis can prevent someone from being able to care for themselves or function effectively in the community. In an urgent mental health crisis where you believe suicide or harming others is imminent, please seek immediate medical attention by dialing 911 or going to an emergency room.

### **Signs of a Mental Health Crisis**

- Feeling incredibly sad, withdrawn or unmotivated for more than two weeks
- Making plans to harm or kill oneself
- Out-of-control, high risk behavior
- Feelings of confusion
- Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain
- Experiencing severe mood swings that cause problems in relationships
- Using drugs or alcohol excessively
- Drastic changes in behavior, personality or sleeping habits
- Extreme difficulty concentrating or staying still, intense worries or fears

## What to do if you or a friend or family member are experiencing a crisis

- Call 911 to protect people from themselves or others in immediate danger
- Call 988 to talk to a trained counselor who can help you find resources

## Talking to Friends and Family

Talking to friends and family may be difficult because there is fear of embarrassment or creating a problem that is not there.

The truth is, talking to loved ones about your concerns leads to:

- Earlier treatment and recovery
- Greater understanding and connection
- Improved self reflection for all involved
- Automatic improvement because the person feels seen, heard and validated



**Helpful Hint!** Friends and family members can call or text 988 about their loved ones to get resources to help.

# Family Action Plan

Please use this Family Action Plan to record information specific to you and your family so that you may have a plan. This will ensure that you have necessary resources ready when you need them, helping to quicken recovery.

*Name 3 warning signs that there is a crisis developing*

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*Name 3 people or places that provide a positive distraction*

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*List the names and numbers of people that may help you*

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*Name and number of therapist or clinician*

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## *Urgent Care or Emergency Room*

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## *Mental Health History personal and family*

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## *In our family, we support each other by:*

1. 

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2. 

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3. 

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## *Individual family needs*

Use each line to write the family members name and what they may need from the family for good mental health. For example, Mom: Hugs and 10-minute time outs in her room, Dad: Music...

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# How to Support Loved Ones

## Ways to Approach

When you talk to your friends and family use sentences that tell them that you see them and you care, without judgement or frustration. This makes them feel supported, and more likely to speak openly.

- “I have been noticing that you haven’t been coming out with us or responding to texts. Are you ok?”
- “You seem very distant lately. I miss you. Is everything alright?”
- “I saw that your grades haven’t been what they normally are. Can I help you with anything?”

## Ways to Support

- Tell them that you see that their life may feel heavy lately.
- Make future plans and include them.
- Offer help with the things that may be burdening them.
- Reassure them that you care.
- Speaking up and educating others who may misunderstand their mental health struggles as rudeness, laziness, or unwanted rage.



**Helpful Hint!** NOCC offers QPR Suicide Prevention Training. If you would like to schedule a training to learn warning signs of suicide and how to approach friends and family, please contact [www.noccmi.org](http://www.noccmi.org).

# Crisis Resources

This resource guide can help you connect to some of the public and private mental healthcare providers and services in the Lake Orion and Oxford area. This list should not be considered a referral. We encourage you to use discernment in selecting a provider who is the best fit for you and your family.

## National

**988** Call, text or chat to speak to a trained counselor with the Suicide and Crisis Hotline.

**Easter Seals Youth and Family**  
substance, Veterans 1-800-231-1127

**Findtreatment.gov** Federally run website that aids in finding the closest treatment for Substance use co-occurring mental health disorders

**The Trevor Project** LGBTQ  
866-488-7386 Text: 678-678

## Local

**Bald Mountain Behavioral Medicine** Youth and Family,  
Substance 248-693-4000

**Lake Orion Counseling Center**  
248-595-9969

**Lake Orion Psychological Services** 248-693-4629

**New Oakland Family Center**  
crisis stabilization, infancy to elderly 800-395-3223 24 hr. line

**Oakland Family Services**  
Youth and Family, Substance  
248-858-7766

## Oakland Psychological Clinic

Youth and Family, Substance  
248-393-5555

## Treeside Psychological Clinic

Youth and Family, Substance  
248-693-9614

**TTI 248** 248-969-9932

## Community

**All For Oxford** 248-653-5511

**Easterseals/MORC**  
248-475-6300 or 800-75-SEALS

**Orion Area Youth Assistance**  
248-693-6878

**Oxford Addison Youth Assistance** 248-460-7011

**OCHN Access Offices** Call for screening 248-464-6363

**Common Ground** 24-hour resource helpline 1-800-231-1127, Mobile Crisis Unit—adult

## Schools

**Lake Orion High School Counseling office**  
248-693-5640

**Oxford High School Counseling Center** 248-969-5151



*The North Oakland Community Coalition supports the Lake Orion and Oxford community by promoting mental and physical health for all, free of alcohol and substance misuse, through educational programs, collaborative partnerships, and endless faith in community spirit.*

**North Oakland Community Coalition**

455 E Scripps Road, Room 201 | Lake Orion, MI 48360

[www.noccmi.org](http://www.noccmi.org) |  [/noccmi.org](https://www.facebook.com/noccmi.org)

References: *How to Talk about Mental Illness 2023*, accessed October 2023,  
[www.samhsa.gov/mental-health/how-to-talk](http://www.samhsa.gov/mental-health/how-to-talk)

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