



Support for Families during the Covid-19 Closures

- [Common Sense Media: Help Your Family De-Stress During COVID-19 Uncertainty](#)
- [Child Mind Institute: Talking to Kids about COVID-19](#)
- [Child Mind Institute: Supporting Kids During COVID-19: Tips for Nurturing and Protecting Children at Home](#)
- [National Assoc.of School Nurses and School Psychologists: Talking to Children about COVID-19](#)
- [CDC: Talking to kids about COVID-19](#)
- [Substance Abuse and Mental Health Services Administration: Coping with Stress During an Infectious Disease Outbreak:](#)
- [Go Zen: Help Kids Cope Around the Coronavirus \(Three Expert Videos\)](#)

Mental Health and Wellness Services in Berrien County

Andrews University	Free Counseling from grad students under faculty supervision Berrien Springs, MI 269-471-3470 https://www.andrews.edu/services/ctcenter/
Beacon Epworth Center	South Bend, IN 574-647-8400 Inpatient Behavioral Healthcare
Benton Harbor Housing Commission	(269)-927-3546
Berrien County Health Dept.	Benton Harbor 926-7121 Shots, substance abuse, WIC

Bridges of Courage	Specializing in Trauma Recovery 1465 Pipestone Road Benton Harbor, MI 269-944-9274 https://bridgesofcourage.org/
Center(ed) on Wellness	Benton Harbor & Niles (269) 926-6199 Some Medicaid and sliding scale www.centeredonwellness.info
Child & Adult Protective Services	1-855-444-3911 To report suspected abuse or neglect
Children's Advocacy Center of Southwest Michigan	4938 Niles Road St. Joseph, MI 49085 269-556-9640 info@swmichigancac.org
Children's Mobile Intensive Crisis Team	269-934-0747 No insurance needed/no out of pocket expenses
Community Food Link (referral line)	(269) 982-4100; M-F 9:00-1:00
Crisis Text Line	Test HOME to 741741 https://www.crisistextline.org/ Provides 24-hour confidential, text support by a trained crisis counselor to people in crisis
Department of Human Services	Benton Harbor (269) 934-2000 Medicaid, Healthy Kids, MIChild, food, child support, utilities www.michigan.gov/dhs
Disability Network, SWMI	(269) 985-0111 Resources for those with physical, cognitive or emotional disabilities
Domestic Violence Hotline	1-800-799-7233 loveisrespect.org Text: loveis to 22522
Ferry Street Resource Center	687-9860; Mon & Wed 10-3, Tues & Thurs 10-1. Assists with emergency relief, DHS issues, employment, other referrals www.ferrystreet.org

Emergency Shelter Services	(269) 925-1131 Serves homeless for up to 30 day
Intercare Community Health Network	1-855-869-6900 Provides medical, dental, WIC Medicaid and sliding scale www.intercare.org
Freedom Counseling Center	Counseling and Psychological Examinations St. Joseph, MI 269-982-7200 https://freedomcounselingusa.com/
Gryphon Place	(269) 381- HELP (4357) 24 hour help line for anyone in crisis & conflict www.gryphon.org
Lory's Place	Benton Harbor (800) 717-3812 Free support services for grief www.lorysplace.org
Your Life- Your Voice	Counseling Line 1-800-448-3000
Mental Health Therapists	Fredrick Sulier - St Joseph 269-983-4751 Dr Laura Ziebarth 269-428-4789 Robin Zollar - St Joseph 269-983-4242
Michigan Works!	(269) 927-1799 Provides training, educational and career services to youth & adults www.michiganworks.org
My Way There	Helps people find transportation around Southwest Michigan www.mywaythere.org
National Suicide Prevention Lifeline	(800) 273-8255 Free and confidential support www.suicidepreventionlifeline.org

OK2SAY	(855) 565-2729 Confidentially report harmful/threatening student behavior www.ok2say.com
Neighbor to Neighbor	(269) 471-7411/ Tues. & Thurs. Food, clothing, household items
Northstar Center	Adult & Child Psychiatrist Some Medicaid and Sliding Scale St. Joseph, MI 269-982-7844 http://www.northstarcenter.org/
Parent Net	Helps connect parents to Berrien County resources www.berriencountyparentnet.org
Partnership for Prescription Assist	www.pparx.org Helps find medicine assistance programs for those without coverage
Peace of Mind Counseling	St. Joseph (269) 428-4789 Some Medicaid www.peaceofmindcounselingcenter.com
Psychology Associates	Psychology Services St. Joseph, MI 269-983-4751
Riverwood Center (Berrien)	Mental Health Services and Program Medicaid and Sliding Scale Benton Harbor, MI 269-925-0585 http://www.riverwoodcenter.org/#welcome
Road to Hope Food Pantry	(269) 429-1106 http://roadtolifechurch.com/roadtohope/
Safe Shelter	(269) 925-1131 Serves women & children who are victims of domestic violence
Salvation Army of Niles	(269) 684-2660 Assists with food, clothing, medicine, rent, housing,

	furniture, utilities
Serenity Hills Recovery & Wellness	Berrien Center 269-815-5500 Detoxification and Residential Substance Abuse Treatment Center.
Sonya Ansari Center for Autism	South Bend (574) 289-4831 https://www.logancenter.org/sonya-ansari-center-for-autism/
Sight for Students	Provides free vision exams & glasses to low-income, uninsured children https://vspglobal.com
Southwestern Medical Clinic	Counseling and Psychology Services Stevensville & Niles (269) 429-7727 Accepts Some Medicaid https://www.lakelandhealth.org/southwestern-medical-clinic
Southwest MI Community Action Agency	(269) 925-9077 Emergency food, utility, temp shelter
St. Mary's Christian Service Center	684-0637 Assists with food and prescriptions
The ARK Shelter	Kalamazoo (800) 873-8336 Up to a 3 week voluntary stay & counseling for youth in crisis
The Out Center	(269) 925-8330 Provides free onsite support and advocacy for LGBTQAI+ persons and their families in Berrien County www.outcenter.org
Thrive Psychology	St Joseph 269-408-8474 Participates with some insurances Mental Health, Art Therapy, Life Coaching
United Way 2-1-1	211 or 1-800-543-7709 Free and confidential community helpline available 24 hours a day, 7 days a week

