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For more information, please contact:

Sandra Lindsey, CEO

(989) 797-3505 or slindsey@sccmha.org

Free, Confidential Mental Health Support and Counseling for Healthcare Frontline Workers

SAGINAW, MI – A new service to support and assist frontline healthcare workers with behavioral health services is now available from the Saginaw County Community Mental Health Authority (SCCMHA). Free, confidential counseling services are available to hospital employees, first responders, healthcare professionals and their immediate family members to provide help coping with additional stress and anxiety due to the COVID-19 pandemic.

Additional professional counselors have been put into place to meet the needs – while addressing health disparities – providing primary care screening, assessment and monitoring of key health indicators. Immediate appointments are available and can be made by calling the Saginaw Community Care HUB at 989-498-2366 between 8:30 a.m. and 4:30 p.m.

“Our frontline healthcare heroes and first responders are feeling the brunt of the stress and anxiety of caring for those infected with COVID-19. These fearless individuals are oftentimes the last to ask for help.” says SCCMHA CEO Sandra Lindsey. “They need to know we are here for them, and that they are not considered weak for seeking assistance during these trying times. We’re encouraging family and friends of frontline healthcare workers to share the news that these services are available to those that need extra help coping during this extremely stressful time. There is no shame in talking, in person or virtually, with someone to share the anxiety and discuss what they are going through.”

These special services will focus on the wellbeing and health of healthcare professionals by addressing physical, behavioral and substance use disorders and increase access to behavioral health services for individuals experiencing high levels of anxiety, depression and symptoms of PTSD.

Frontline workers and their families may call the Saginaw Community Care HUB at 989-448-2366 for an immediate appointment.

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For more information or interview opportunities, please contact Sandra Lindsey, CEO, Saginaw County Community Mental Health Authority, at (989) 797-3505 or slindsey@sccmha.org.

Saginaw County Community Mental Health Authority (SCCMHA) is the public manager/steward of supports and services for citizens with mental illness, developmental disabilities and chemical dependency and their families. SCCMHA actively strives to develop a system of care and a community that values and embraces the potential and contributions of all individuals with disabilities. SCCMHA assists approximately 8,000 Saginaw County residents each year with services ranging from evaluations, screenings, treatments and referrals. The Authority operates multiple locations with the main headquarters located at 500 Hancock Street in Saginaw.