Especially during this time of increased uncertainty and isolation, it’s important to prioritize your emotional wellbeing. View the new, no-cost mental health resources below to expand your support system and help you manage feelings of stress and anxiety.

1. **Headspace for Michiganders**

   Headspace is a science-backed meditation app that helps you stress less, move more, and sleep soundly. Headspace is now offering Michigan residents a special collection of meditation, sleep, and movement exercises designed to help you keep a strong and healthy mind. Access this collection at [headspace.com/mi](http://headspace.com/mi).

2. **Michigan.gov: Stay Home Stay Well**

   Michigan.gov is providing a variety of emotional and mental support resources you can use without leaving home, including videos, guides, and a text line for those seeking help. To access these resources, visit [Michigan.gov/staywell](http://Michigan.gov/staywell).

3. **Emotional Support Hotline**

   If you are feeling emotional distress, confidential emotional support counseling is available 24/7 at no cost to Michigan residents. The counselors have received specialized training from the Substance Abuse and Mental Health Administration’s Disaster Technical Assistance Center. To access the hotline, call 1-888-535-6136 and press 8.