



**District Health
Department #10**
Healthy People, Healthy Communities



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COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



www.dhd10.org



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local health
departments
advocating for
public health.

SUICIDE PREVENTION AWARENESS MONTH

District Health Department #10 Promotes Local and National Resources

September 26, 2023 – District Health Department #10 (DHD#10) is promoting Suicide Prevention Awareness Month by highlighting local and national resources for those interested in helping reduce mental illness stigma and seeking/sharing treatment options.

“The Reduce Stigma Against Mental Illness Action Team, which is part of the Behavioral Health Initiative (BHI) and Northwest Community Health Innovation Region (NWCHIR), has been working to reduce stigma regarding mental illness. Stigma is a major barrier to accessing mental health services. Residents are likely to avoid seeking the supports they need for fear of negative consequences, such as judgement from friends/family, unpleasant interactions with healthcare providers, or fear of stigma in the workplace,” said Donna Norkoli, DHD#10 Public Health Regional Systems Specialist. “Stigma can have powerful effects on individuals’ health, employment, and quality of life. Therefore, addressing stigma regarding mental illness in the region is critical to preventing suicide, which is often a result of untreated mental health conditions.”

For residents seeking or sharing available local and national resources:

Local Resources

Crawford, Grand Traverse, Leelanau, Missaukee, Roscommon, and Wexford Counties

Northern Lakes Community Mental Health 24/7 Crisis Line
(833) 295-0616

Benzie and Manistee County

Centra Wellness
(877) 398-2913

Antrim, Charlevoix, Cheboygan, Emmet, Kalkaska, and Otsego Counties

North Country Community Mental Health 24/7 Crisis Help Line
(877) 470-4668

National Resources

988 Suicide & Crisis Lifeline
Dial 988

National Alliance on Mental Illness
(800) 950-6264

To see the BHI and NWCHIR’s resources, please visit:

<https://northernmichiganchir.org/northwest-chir/behavioral-health-initiative/>.

For mental health treatment resources, please visit: <https://www.nmre.org/provider-network/provider-directory> or <https://namimi.org/statewide-behavioral-health-resources-dashboard>.

For more information about Suicide Prevention Awareness Month, please visit:
<https://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Month>.

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