



**PRESS RELEASE - 8**  
**FOR IMMEDIATE RELEASE**  
March 22, 2020

## **LENAWEE COMMUNITY MENTAL HEALTH AUTHORITY**

ADRIAN, MI – During this time of uncertainty, Lenawee Community Mental Health Authority (LCMHA) wants to let our community know we are ‘open for business’. Following guidelines set forth by the Lenawee County Health Department, Michigan Department of Health and Human Services (MDHHS) and the Center for Disease Control (CDC) we have made changes to the way we are delivering services.

In an effort to keep the people we serve, our staff and their family’s safe from the COVID-19 virus, we have reduced face to face contacts. If you are in need of services, please call our office at **(517) 263-8905 or (800) 664-5005**. An Access Clinician will conduct a screening to determine if you have to be seen face to face. Most business, including assessments and some crises, can be handled over the phone or video. If you are unable to call or need to be seen face to face, we will conduct a health screening and will take necessary precautions prior to the appointment.

The COVID-19 pandemic is understandably creating an increase in anxiety and fear. This is a normal reaction to a worldwide crisis. We are here to help. Beginning **Monday, March 23<sup>rd</sup>**, we will be offering community groups to help you cope with the stress and anxiety. These groups are conducted via Zoom by a Master’s level clinician. They will be held **every day at 10am and 2pm**. You can join the group by going to our Facebook page or our website at [www.lcmha.org](http://www.lcmha.org) (click on the Coronavirus link). You can join by computer or phone.

It is so important to reach out if you are experiencing a crisis. We are still available 24 hours a day, 7 days a week. We are all feeling more anxiety. There is no shame in seeking help! Please encourage each other to connect with help right now. There are many ways this can be done so that you can stay safe. A big part of staying safe is getting the help you or your loved ones need – right away. We will get past this time of crisis. Not knowing how long it will last is unnerving – keep in mind, every day gets us closer to the end.

Kathryn Szewczuk  
LCMHA Executive Director

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