

# Coffee with a Purpose

## Mental Health Awareness: A Youth Perspective

### Mental Health Resources

provided by Spectrum Health Lakeland and our panelists

#### Places to find Help

- Locally there is always a community mental health authority that individuals can access, particularly the low- or under-insured. In Berrien County, for example, that place is Riverwood.
- For those with insurance, they can call their provider and find out more about their health plans coverage and in many instances get information on providers in their network.

#### Links to Resources

- [Michigan Department of Education - Mental Health](#)
- [Collaborative for Academic, Social, and Emotional Learning](#)
- [Trails - Supporting Student Wellness](#)
- [Supporting the Mental Health and Well-being of Michigan Students](#)
- [Community Resiliency Model \(CRM\)](#)
- The state "warmline" 888-733-7753
- National Suicide Prevention Lifeline 800-273-8255.
- [Michigan Mental Health Counselors Association](#)
- [PsychologyToday](#)
- [Trauma Informed Workshops](#) - Spectrum Health Lakeland, statewide virtual workshops

#### Link to the Recording of Coffee with a Purpose- Mental Health Awareness: A Youth Perspective

##### Panelists:

**Amari McKinney**, JMG 2021 Youth of the Year and a graduating senior from the Bridge Academy in Benton Harbor

**Hannah Wyman**, Chair of the Youth Solutions Youth Advisory Council and JMG Career Association President through West Michigan Works! Muskegon County

**Chelsea Smith**, a freshman from the JMG program at Odyssey High School run by The Institute for Excellence in Education and Great Lakes Bay Michigan Works!

**Christian Dunn**, also on the Youth Solutions Youth Advisory Council from the JMG program at GST Michigan Works! JMG Specialist with GST Michigan Works

##### Co-moderators:

**Kristin Harrington**, Executive Director, Youth Solutions

**Dr. Lynn Todman**, Vice President of Health Equity at Spectrum Health Lakeland

#### Phone Apps and thoughts from our panelists and attendees

- [Task Human](#) app for support
- [I AM daily affirmation app](#) to help with positive thoughts and self-esteem
- [Hannah Wyman's opinion article](#)
- [Mood Lifters](#) - research-based program for lifting mood.
- [iChill app](#) - Trauma Resource Institute CRM