

<b>Developmental Disability Resources</b>		
<b>ORGANIZATION</b>	<b>PHONE NUMBER</b>	<b>WEBSITE</b>
Michigan Developmental Disabilities Institute	1-888-978-4334	<a href="http://www.ddi.wayne.edu">http://www.ddi.wayne.edu</a>
State of Michigan Disabilities Resources	1-800-932-6424	<a href="https://www.michigan.gov/disabilityresources">https://www.michigan.gov/disabilityresources</a>
Michigan Developmental Disabilities Council	517-335-3158	<a href="http://www.michigan.gov/ddcouncil">http://www.michigan.gov/ddcouncil</a>
The Arc Michigan	1-800-292-7851	<a href="http://www.arcmi.org">http://www.arcmi.org</a>
Disability Rights Michigan	1-800-288-5923	<a href="https://www.drnich.org/">https://www.drnich.org/</a>
Michigan Alliance for Families	1-800-552-4821	<a href="http://www.michiganallianceforfamilies.org">http://www.michiganallianceforfamilies.org</a>
<b>Free Mental Health Resources</b>		
<b>ORGANIZATION</b>	<b>HOW TO CONTACT</b>	<b>WEBSITE</b>
24/7 MDHHS Coalition and Crisis Lines (Suicide Prevention)	Specific per county, see website	<a href="https://www.michigan.gov/mdhhs/0,5885,7-339-71548_54879_54882_91271_91689---,00.html">https://www.michigan.gov/mdhhs/0,5885,7-339-71548_54879_54882_91271_91689---,00.html</a>
24/7 Stay Well Call Line (Mental Health)	1-888-535-6136	<a href="http://www.michigan.gov/staywell">http://www.michigan.gov/staywell</a>
24/7 Crisis Textline	Text HOME to 741741	<a href="http://www.crisistextline.org">http://www.crisistextline.org</a>
24/7 National Suicide Prevention Lifeline	1-800-273-8255	<a href="http://www.suicidepreventionlifeline.org">http://www.suicidepreventionlifeline.org</a>
24/7 National Suicide Prevention Lifeline - Deaf, Hard of Hearing, Hearing Loss	711 then 1-800-273-8255	<a href="https://suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing/">https://suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing/</a>
<b>COVID-19 Resources</b>		
<b>TOPIC</b>	<b>PHONE NUMBER</b>	<b>WEBSITE</b>
Michigan COVID-19 Information	1-888-535-6136	<a href="http://michigan.gov/coronavirus/">http://michigan.gov/coronavirus/</a>
MI-DDI COVID-19 Resources	Not applicable	<a href="https://ddi.wayne.edu/covid19">https://ddi.wayne.edu/covid19</a>
<b>Remote Activity Resources</b>		
<b>TOPIC</b>	<b>WEBSITE</b>	
Zoom Instructions	<a href="http://www.nisonger.osu.edu/learn-to-zoom/">http://www.nisonger.osu.edu/learn-to-zoom/</a>	
Virtual Hangouts with Best Buddies	<a href="http://www.bestbuddies.org/">http://www.bestbuddies.org/</a>	
Self-Care Check-in	<a href="http://bit.ly/selfcarehelp">http://bit.ly/selfcarehelp</a>	
Online Workout Routines	<a href="http://www.nchpad.org/14weeks/">http://www.nchpad.org/14weeks/</a>	
Virtual Field Trips	<a href="https://www.weareteachers.com/best-virtual-field-trips/">https://www.weareteachers.com/best-virtual-field-trips/</a>	