

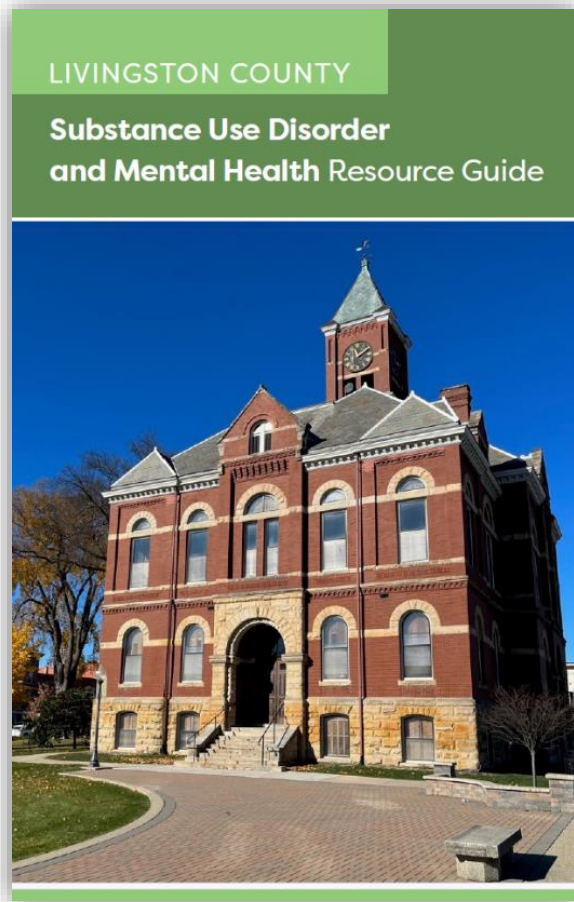
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## New Livingston County Resource Guide Released

*Focusing on Substance Use Disorder and Mental Health Resources in Livingston County*



The Livingston County Human Services Collaborative (HSCB) is comprised of a membership that work together to coordinate health and human services across systems with a mission of *Ensuring a system of support for members of our community.*

To this end, the [Substance Use Disorder Treatment and Prevention Workgroup](#) and the [Mental Health Awareness Workgroup](#) of the HSCB recently partnered to create a new resource guide for Livingston County, focusing on substance use disorders and mental health. An updated resource guide was a priority for these workgroups after learning there were a total of 24 people who died by overdose and 28 people who died by suicide in Livingston County in 2022. Substance use issues commonly co-occur with mental health issues, but it is important for our community to know that help is available locally for anyone who may be struggling.

This comprehensive forty-four-page guide provides contact information for a wide variety of substance use disorder and mental health providers. Additionally, it offers tips on accessing treatment for the first time and information about accessing care for those without health insurance.

The resource guide can be found online at <https://milivcounty.gov/wp-content/uploads/Final-SUD-MH-Resource-Guide.pdf>.

Printed copies are also available for distribution. Please reach out to the contact below for more information.

**“Over 3,100 copies have already been distributed to community partner agencies,” said Amy Johnston the Community Collaborative Planner for the HSCB. “We are excited to have a new comprehensive resource to support our community!”**

The HSCB has additional resources specific to Livingston County. These can be found at [https://milivcounty.gov/hscb/Local resources](https://milivcounty.gov/hscb/Local-resources) and [fact sheets](#) are available on many topics and are specific to Livingston County.

*If you or someone you know is struggling or in crisis, contact the [988 Lifeline](#) now at: **988 (call or text).***

To obtain more information, contact Amy Johnston at 810.772.4827 or at [ajohnston@cmhliv.org](mailto:ajohnston@cmhliv.org).

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