



## Creating a Community Resources Quick Guide

A community resources “quick guide” puts contact information for resources to support children and families at your fingertips. Use the example provided here to create yours, and then post it in common areas, tape it up in classrooms, and share it regularly with parents and community members.

You could also spend a few minutes during staff meetings highlighting the quick guide as a reference to support a trauma-informed, whole-child approach to education, and to ensure that every staff member, regardless of role, has access to it and knows when to use it.

As you create a quick guide, consider areas of need that are common to your community. Think about including services and resources such as:

- Local mental health crisis agencies and organizations.
- Healthcare access and coordination services, such as transportation and insurance.
- Housing and basic needs, from food pantries to utility support.
- Crisis lines and services for students and adults.
- Child advocacy and family case management.

Finally, make it a point to update your quick guide annually. This can be a good project for interns, volunteers, and students seeking service hours.

**Scroll down to view an example Community Resources Quick Guide template, for  
Genesee County.**

# Community Resources Quick Guide for **Genesee County**

A brief guide to free resources for health, safety, and wellness

**Genesee Health System.....810-257-3740 or visit [genhs.org](http://genhs.org)**

- Free 24/7 crisis hotline and virtual behavioral health urgent care.
- Free 24/7 crisis text line: text **FLINT** to **741741**.

**Intensive Crisis Stabilization Services.....810-257-3470**

- Available to anybody aged 21 or younger who resides in Genesee County who is experiencing severe behaviors and/or at risk of self or other harm.
- Mobile crisis stabilization services 7 days a week between 8:00 am and 7:00 pm.
- Calls during other hours are helped by Crisis Line mental health professionals.

**Genesee Health Plan.....(844) 232-7740 or visit [geneseehealthplan.org/](http://geneseehealthplan.org/)**

- Helping residents access community resources, health insurance assistance and more.

**Rides to Wellness.....(810) 780-8946 or visit [mtaflint.org](http://mtaflint.org)**

- Non-emergency medical transportation for health and wellness-related appointments.

**Voices for Children Child Advocacy Center.....(810) 328-3333 or visit [voicesforcac.org](http://voicesforcac.org)**

- Child and family supports for child abuse prevention, recovery, and maintenance.

**Flint Registry.....833-463-5468 or email [flintregistry@hc.msu.edu](mailto:flintregistry@hc.msu.edu)**

- Water and lead crisis support
- Central hub for family resources

**Greater Flint Health Coalition..... (810) 232-2228 or email [gfhc@flint.org](mailto:gfhc@flint.org)**

- Healthcare access
- Child and family wellness

**Michigan 2-1-1.....call 211, text 898211, or visit [mi211.org](http://mi211.org)**

- 24/7 support for housing, health, crisis, utilities, legal, and many more needs.
- 211 will connect individuals to available resources in their community.

**988 Suicide and Crisis Lifeline..... call or text 988**

- 24/7 crisis support
- Learn more at <https://mical.michigan.gov/s/988-lifeline>

**The Trevor Project.....1-866-488-7386 or text START to 678-678**

- Support and helpline for LGBTQ+ individuals.