



# OPEN MI DOOR

## Wellness Toolkit

Mental Health & Self Help Resources

[RESOURCES](#)

[WORKSHEETS](#)





# SUPPORT IS AVAILABLE

Reliving trauma from your experience of incarceration, including solitary confinement, can be extremely difficult.

Sometimes reaching out for help can be challenging. We know this is also true for families who have experienced having an incarcerated loved one.

We have put together resources to help you and your family cope and heal.

[RESOURCES](#)

[AFSC'S SOLITARY  
SURVIVORS MANUAL](#)

# RESOURCES

There is help available, please seek support!



**HELPLINES**



**SUPPORT GROUPS**



**VIDEOS**



**ONLINE DISCUSSION  
GROUPS**



**RESOURCES**





**Call 911** if you or someone you know is in immediate danger or go to the nearest emergency room.

**National Suicide Prevention Lifeline**

- 1-800-273-TALK (8255)
- Text or call **988**

**Crisis Text Line**

- Text "HELLO" to 741741

**Veterans Crisis Line**

- Call 1-800-273-TALK (8255) and press 1 or text to 838255



# HELPLINES

**Michigan Crisis Lines by County**

**Teen Health & Wellness Hotlines**

**Disaster Helpline**

# NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)



## **NAMI's Helpline**

Monday-Friday, 10 a.m. – 10 p.m. ET

**Call:** 800-950-NAMI (6264)

**Text:** 62640

**Webchat:** [nami.org/help](https://nami.org/help)

**Email:** [helpline@nami.org](mailto:helpline@nami.org)

## **NAMI Helpline Directory**

## **NAMI's Warm Line Directory**

## **NAMI's Basics Education Program**

# PRINTABLE WORKSHEETS

**Incarceration can be a difficult and isolating experience, but it is important to remember that there are resources and strategies available for maintaining mental and emotional well-being.**

**These printable worksheets help individuals reflect, set goals, and build coping skills. They can also strengthen connections with loved ones.**

**Through self-reflection and personal growth, these tools offer hope and encouragement during challenging times.**



**WORKSHEETS**

# **SUPPORT GROUPS**

**7Cups - Free One on One Support Group**

**Citizens for Prison Reform - Family Support**

**Daily Strength Anxiety Support Group**

**Depression & Bipolar Support Alliance**

**SMART Recovery- Local and Online**



# VIDEOS

Dealing with Stress

Meditation and Mindfulness

TedTalks

Videos on PTSD



# ONLINE DISCUSSION GROUPS

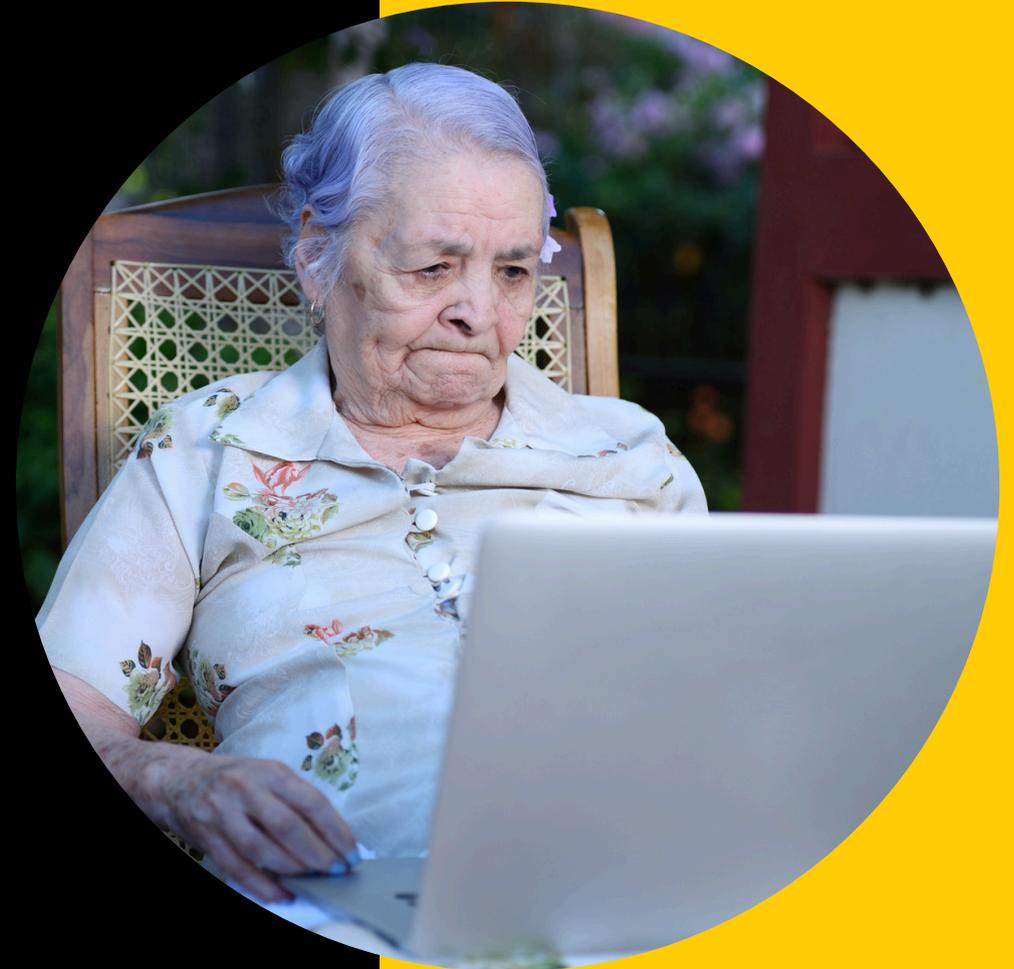
**Anxiety Social Net**

**Anxiety & Depression Support- Health Unlocked**

**Inspire**

**Mental Health Forum**

**LiveWell**



# RECOVERY INFORMATION

**CRAFT: Help with PTSD for you and your family**

**PTSD Treatment Decision Aid**

**E-Psychiatry Locator**

**Mental Health Screening Tools**



# **WELLNESS & STABILITY**

**Total Brain App-  
Support your Mental Health**

**WYSA AI Chat bot**

**Cope Notes- Daily Mental Health Text Support**

**Michigans Headspace Page**

**The Mindfulness Project**

**A Path for Healing and Recovery- Prison Yoga**



# CRISIS INTERVENTION



**Alternatives to Calling the Police**

**Behavioral Health Treatment Services Locator**

**Directory of Consumer Driven Services**

**Obtaining Insurance benefits**

**Someone I love is in Jail**

# RESOURCES TO SEND YOUR INCARCERATED LOVED ONES



## Daily Affirmations

40 Daily Affirmations  
99 Morning Affirmations  
Affirmation Directory  
Affirm Your Life



## Writing Prompts

Anti Depressant Skills  
Workbook  
Living CBT Worksheets  
64 Writing Prompts



## Self Help Articles/ Books

30 Grounding Techniques  
Pick The Brain- Grow Yourself  
Free Self Help Book  
Downloads  
The Body Keeps The Score  
Psychological Self Help



## Other Resources

Healthlines Mental Health  
Resources  
Holding onto Life Toolkit  
Printables by Category  
Prisoner Rights Guide  
AFSC's Solitary Survivors Manual