

REFOCUS CONNECT COVER

A community recovery initiative in partnership with  **INTEGRATED**
Services of Kalamazoo

[Integrated Services of Kalamazoo](#) is teaming up with community partners to embrace our county and offer support and resources for staying **safe, healthy, resilient, and hopeful** during and after COVID-19.

There are many “normal” things we can’t do right now, while we shelter in place. **But there are many important things we CAN do:**

We can REFOCUS on what matters most. We can grieve our losses and decide what we want to reclaim from **before**. At the same time, we can be open to the possibilities that may exist in our new **after**.

We can RECONNECT as restrictions are lifted and find strength, even while sheltered, in our bonds with family, friends, neighbors – and the many frontline helpers we now respect more than ever. We learn **resilience** from our shared stories and experiences.

We can RECOVER by moving forward together and finding new, maybe better ways to rebuild our lives and our community. Emotional recovery is a community-wide project. We will listen to **all** voices, including those who have been marginalized, as we look ahead.

The crisis is still unfolding. Challenges remain. **But recovery can begin now.**

How to Get Involved

- Watch for resources and inspiration from us in the coming months.
- Offer your thoughts and suggestions by contacting us at reconnect@iskzoo.org.
- Look out for your neighbors and find ways to offer help safely.

And if YOU need help, REACH OUT. We're here for you.

It's perfectly normal to experience mental and emotional distress related to a disaster. You may have mood swings, feel helpless, lack energy, feel confused, become angry, burst into tears, eat or sleep too much, or feel anxious or depressed. **You are having normal reactions to an abnormal situation.**

If you're having a hard time getting through the day, thinking of hurting yourself or someone else, or using harmful substances to cope:

CALL (269) 381-HELP (4357)

FOR EMOTIONAL SUPPORT OR CRISIS INTERVENTION

OPEN 24/7/365 | FREE AND CONFIDENTIAL

To get connected to **local resources** (like housing and utility assistance, food pantries, non-crisis mental health services, and more), **DIAL 2-1-1.**

For more information or to use online chat, visit the Gryphon Place website: Gryphon.org.

