



Detroit Wayne Integrated Health Network

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For Immediate Release

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Mental Health Network Celebrates the Holiday Season with Free Resources

DETROIT, MI – November 27, 2024—The Detroit Wayne Integrated Health Network (DWIHN) cherishes the season as it can be the most wonderful time of the year. We also understand that for some, it can be a challenging time and that is why we want to remind everyone about our free resources available to children and adults throughout Wayne County.

“Stress can lead to physical illness, depression, anxiety, and substance misuse,” said James E. White, DWIHN President and CEO. “We are here to remind everyone that our committed professionals are standing by with critical supports and services throughout the holidays.”

According to the American Psychological Association, 9 out of 10 adults find that stress increased around the holidays. What’s more, the National Alliance on Mental Illness noted that 64% of individuals living with a mental illness felt that their conditions worsened around the holidays.

Follow our handle @DetroitWayneIHN on Facebook, X, Instagram, and LinkedIn as we share these resources with our community during the “**12 Days of DWIHN**”:

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| 1. Autism Services | 7. Peer Support Specialists |
| 2. ReachUsDetroit.org Text Line | 8. Narcan Training |
| 3. Online Mental Health Assessments | 9. Mental Health First Aid Training |
| 4. Mobile Crisis Services | 10. Suicide Prevention Training (QPR) |
| 5. Crisis Care Center | 11. Youth United (Youth Advocacy) |
| 6. Constituents Voice (Member Advocacy) | 12. 24-Hour Access HelpLine 1-800-241-4949 |

“We are proud to offer unparalleled access to quality care for all who seek help during this time, and throughout the year,” said White. “On behalf of our Board and our dedicated team, Happy Holidays to everyone throughout Detroit and Wayne County.”

DW IHN is the largest Community Mental Health agency in Michigan, offering integrated behavioral health and substance use care. We promote a community that is inclusive and supportive of people with mental illness, intellectual and developmental disabilities and substance use disorder. DW IHN has recently been recognized as Crain’s Best Places to Work 2024 as well as one of the Top Workplaces in 2024 by the Detroit Free Press. For more information, download the myDW IHN mobile app, visit www.dwihn.org or contact our 24/7 Access Helpline, 800-241-4949.

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