If you or someone you know is in crisis, contact the National Suicide Prevention Hotline at 1-800-273-TALK (8255), call 911 or go to your nearest emergency room. The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

**Local Resources**

**Region 1 - Upper Peninsula**

*Counties Covered: Alger County, Baraga County, Chippewa County, Delta County, Dickinson County, Gogebic County, Houghton County, Iron County, Keweenaw County, Luce County, Mackinac County, Marquette County, Menominee County, Ontonagon County, Schoolcraft County*

- **Alcona Health Center** is a network of healthcare clinics offering behavioral health therapy services in all its geographic areas across northern Michigan
  989-736-8157
  https://www.alconalealthcenters.org/index.php/contact-us/

- **Copper Country Community Mental Health Services** provides an array of mental health programs and services to persons in Baraga, Houghton, Keweenaw and Ontonagon counties
  24 Hour emergency services: 1-800-526-5059
  http://www.cccmh.org

- **Gogebic County Community Mental Health Authority** provides a complete range of services for all children and adults of Gogebic County who have a serious emotional disturbance, serious mental illness or developmental disability. They also operate a crisis response line for any individual in crisis
  24 Hour emergency services: 1-800-348-0032
  http://www.gccmh.org/

- **Hiawatha Behavioral Health** provides comprehensive, integrated mental health, substance use disorder, and intellectual/developmental disability services that promote the health and quality of life of community members in Chippewa, Mackinac, and Schoolcraft counties
  24 Hour emergency services: 1-800-839-9443
  http://www.hbhcmh.org/

- **Luce-Mackinac-Alger-Schoolcraft (LMAS) District Health Department** is dedicated to providing county residents with disease prevention, health promotion and emergency management through education and advocacy. They have offices located in Luce, Mackinac, Alger and Schoolcraft counties. For more information, go to
  http://www.lmasdhd.org
• **Northpointe Behavioral Health Systems** provides a full range of quality services to persons who are challenged by mental illness or developmental disabilities and reside in Menominee, Dickinson and Iron counties
  24 Hour emergency services: 1-800-750-0522
  http://www.nbhs.org/

• **Pathways Community Mental Health** provides services to adults with a chronic or severe mental illness. Its crisis hotline is available to all citizens in Alger, Delta, Luce and Marquette counties
  1-888-PATHWAY (728-4929)
  http://www.pathwaysup.org/

• **UP Health System** has three locations to help provide excellent healthcare, including behavioral health and mental health services, to individuals
  906-228-9440
  http://ww4.mgh.org/bhealth/SitePages/Adult%20Psychiatric%20Unit.aspx

  **Region 2 - Northwest Michigan**
  Counties Covered: Antrim County, Benzie County, Charlevoix County, Emmet County, Grand Traverse County, Kalkaska County, Leelanau County, Manistee County, Missaukee County, Wexford County

• **Centra Wellness Network** provides wellness-oriented services and support for individuals with mental illness
  24 Hour emergency services and information: 877-398-2013
  http://www.centrawellness.org/

• **North County Community Mental Health** provides adult counseling/therapy, community support services for persons with mental illness and child and family services to all residents of Antrim, Charlevoix, Cheboygan, Emmet, Kalkaska and Otsego counties
  1-800-834-3393 or TTY/TDD: dial 711
  24 Hour emergency services: 1-800-442-7315
  http://www.norcocmh.org/

• **Northern Lakes Community Mental Health** (NLCMH) provides a wide range of mental health services and supports in six counties: Crawford, Grand Traverse, Leelanau, Missaukee, Roscommon, and Wexford
  24 Hour emergency services: 1-800-442-7315 or 231-922-4850
  http://www.northernlakescmh.org/

  **Region 3 - Northeast Michigan**
  Counties covered: Alcona County, Alpena County, Cheboygan County, Crawford County, Iosco County, Montmorency County, Ogemaw County, Oscoda County, Otsego County, Presque Isle County, Roscommon County
• **Alcona Health Center** is a network of healthcare clinics offering behavioral health therapy services in all its geographic areas across northern Michigan
  989-736-8157
  [https://www.alconahealthcenters.org/index.php/contact-us/](https://www.alconahealthcenters.org/index.php/contact-us/)

• **AuSable Valley Community Mental Health Authority** provides 24 hour a day emergency services and crisis response and mental health services to all people residing in Iosco, Ogemaw, and Oscoda counties
  24 Hour emergency services: 1-800-442-7315
  [http://avcmh.org/](http://avcmh.org/)

• **North County Community Mental Health** provides adult counseling/therapy, community support services for persons with mental illness and child and family services to all residents of Antrim, Charlevoix, Cheboygan, Emmet, Kalkaska and Otsego counties
  1-800-834-3393 or TTY/TDD: dial 711
  24 Hour emergency services: 1-800-442-7315

• **Northeast Michigan Community Mental Health Authority** provides comprehensive services and supports designed to help adults with serious mental illnesses, co-occurring disorders and children with serious emotional disturbances who reside in Alcona, Alpena, Montmorency and Presque Isle counties
  1-989-356-2161
  24 Hour emergency services: 1-989-356-2161 or 1-800-968-1964 or 1-800-442-7315

• **Northern Lakes Community Mental Health** provides a wide range of mental health services and supports in six counties: Crawford, Grand Traverse, Leelanau, Missaukee, Roscommon, and Wexford
  24 Hour emergency services: 1-800-442-7315 or 231-922-4850
  [http://www.northernlakescmh.org/](http://www.northernlakescmh.org/)

  **Region 4 - West Michigan**

  Counties Covered: Allegan County, Barry County, Ionia County, Kent County, Lake County
  Mason County, Mecosta County, Montcalm County, Muskegon County, Newaygo County,
  Oceana County, Osceola County, Ottawa County

• **Allegan County Community Mental Health** provides managed mental health care and a variety of services and support to residents of Allegan County
  24 Hour emergency services: 269-673-0202 or 1-888-354-0596

• **Barry Community Mental Health Authority** provides mental health and substance abuse services to residents of Barry County, in an accessible and affordable manner
  269-948-8041
- **Community Mental Health for Central Michigan** offers an array of services for adults including free, anonymous online mental health screening with information and referral about community resources. Services are available to residents living in Clare, Gladwin, Isabella, Mecosta, Midland and Osceola counties
  1-800-317-0708
  http://www.cmhcm.org/

- **HealthWest (formerly Muskegon Community Mental Health)** specializes in providing integrated health care for youth and adults with serious behavioral health challenges, developmental disabilities and co-occurring substance use disorders. Services are available to the community in Muskegon county
  1-231-722-HELP
  http://healthwest.net/

- **The Right Door for Hope, Recovery, and Wellness (formerly Ionia Community Mental Health)** is a mental health authority serving the residents of Ionia county
  24 Hour emergency services: 1-888-527-1790
  http://www.rightdoor.org/

- **Montcalm Care Network** provides a comprehensive array of services and supports that are trauma informed, recovery focused and based on treatments and techniques that are evidence based and proven effective. Services are available to citizens of Montcalm County
  24 Hour emergency services: 1-800-377-0974
  http://www.mcbh.org/

- **Network 180** connects individuals living in Kent county and their families to mental health and substance use services
  24 Hour emergency services: 616-336-3909 or 1-800-749-7720
  http://www.network180.org/

- **Ottawa Community Mental Health** is a public provider of mental health and substance use disorder services to residents of Ottawa County
  24 Hour emergency services: 866-512-4357
  https://www.miottawa.org/Health/CMH/default.htm

- **Pine Rest Mental Health Services** offers a full continuum of services including inpatient and partial hospitalization, residential and outpatient services, addiction treatment and recovery, extensive child and adolescent programs, senior care services, as well as specialized assessment and treatment clinics
  1-800-678-5500
  https://www.pinerest.org/

- **West Michigan Community Mental Health** is the public behavioral health provider for people in Lake, Mason and Oceana counties
24 Hour emergency services: 1-800-992-2061
http://www.wmcmhs.org/

- **Men’s Resource Center of West Michigan** provides extensive counseling programs for men and boys
  616-456-1178
  https://menscenter.org/

**Region 5 - East Central Michigan**
*Counties Covered: Arenac County, Bay County, Clare County, Gladwin County, Gratiot County, Midland County, Saginaw County*

- **Bay-Arenac Community Mental Health** offers anonymous, online screening for depression, and provides services and supports for individuals with mental illness, serious emotional disturbance and substance use disorder needs living in Arenac and Bay counties
  1-800-327-4693
  http://www.babha.org/

- **Community Mental Health of Mid-Michigan** provides comprehensive and quality integrated services to individuals with a mental illness, developmental disability, and/or substance use disorder living in Clare, Gladwin, Isabella, Mecosta, Midland and Osceola counties
  24 Hour emergency services: 800-317-0708
  989-772-5938
  http://www.cmhem.org/

- **Gratiot Community Mental Health** provides individualized community-based mental health services to residents of Gratiot County
  24 Hour emergency services: 989-463-4971 or 1-800-622-5583
  http://www.gccmha.org/

- **LIST Psychological Services** is a private group practice specializing in behavioral health care, including mental health, substance abuse and co-occurring treatment services. Offices are located in Bay City, Caro, Lapeer, Pigeon and Saginaw
  1-800-968-5701
  https://www.listpsych.com

- **Michigan Association of Suicide Prevention, Saginaw County** is a coalition of mental health, healthcare and other organizations dedicated to helping residents of Saginaw county
  Local Saginaw Crisis Line: 989-792-9732
  http://www.saginawsuicideprevention.org/
• **Saginaw Survivors of Suicide** offers group support and understanding for those who have lost a loved one to suicide and provides suicide awareness and education in its community, so future acts may be prevented 989-781-5260
http://www.saginawsurvivorsofsuicide.org/

• **Sparrow Behavioral Health** coordinates resources for individuals experiencing an emotional or psychological crisis, psychiatric illness or substance addiction 1-800-SPARROW or 517-364-1000
http://www.sparrow.org/behavioralhealth

**Region 6 - East Michigan**

*Counties Covered: Genesee County, Huron County, Lapeer County, Sanilac County, Shiawassee County, St. Clair County, Tuscola County*

• **Genesee Health System** is dedicated to providing the highest quality, most effective services and supports available to meet the mental health, developmental disabilities, and substance use disorder needs of the adults, children and families we serve in Genesee County
24-hour Crisis Hotline: 1-810-257-3740
http://www.genhs.org/

• **Huron Behavioral Health** is an outpatient mental health clinic focusing on individual, family, and group therapies and specialty mental health services to individuals in Huron County
24 Hour emergency services: 1-800-356-5568
http://huroncmh.org/

• **Lapeer County Community Collaborative** is a collaboration of agencies, non-profits and businesses working together in "collaboration" to bring services and aid to Lapeer County residents
810-245-3980
http://lapeercountyweb.org/county_collaborative.htm

• **Lapeer County Community Mental Health** and the Lapeer County Community Collaborative have established a Suicide Prevention Network. The message is that help is available for people who feel hopeless. We take suicide warnings seriously. If you or someone you know exhibits suicide warning signs, please take action. For more resources or information about warning signs, please contact Lapeer County Community Mental Health
Lapeer County Community Mental Health: 810-667-0500
McLaren Lapeer Region Hope Line: 810-667-5611
http://www.lapeercmh.org/communityresources/suicideprevention/

• **Sanilac County Community Mental Health Authority** (SCCMH) is a CARF accredited public provider of managed mental health and developmental disability services
Main Line: 810-648-0330
http://www.sanilaccmh.org/

- **Shiawassee County Community Mental Health Authority (SCCMHA)** provide assistance to individuals seeking mental health wellness within Shiawassee County. Our services are available to residents in the community who have Medicaid or are uninsured, underinsured, and who are eligible for services as defined by the Michigan Mental Health Code
Call for Help: 1.800.662.4514 (TTY) Emergency 24/7
http://www.shiacmh.org/

- **St. Clair County Community Mental Health** provides public mental health services and supports to adults with mental illnesses, children with serious emotional disturbances, individuals with intellectual/developmental disabilities and individuals with co-occurring substance use disorders with a focus on integrated health care and recovery
Call the Toll Free CMH crisis line 24 hours a day, seven days a week: (888) 225-4447
http://www.scccmh.org/

- **Tuscola Behavioral Health Systems (TBHS)** is the local community mental health provider for Tuscola County residents. They provide effective, comprehensive, quality treatment
989-673-6191 during business hours or 1-800-462-6814 for 24-hour crisis
http://www.tbhsonline.com/

- **Tuscola County Suicide Prevention Coalition provides** helpful information and links to assist you in your efforts to prevent suicides. This is not a “what to do” site. Rather it is a site to get you in touch with people and organizations who can help you with your unique situation
If you, or someone you know, are in immediate crisis, please contact Tuscola Behavioral Health Systems at 800.462.6814
http://tspconline.org/

**Region 7 - South Central Michigan**

*Counties Covered: Clinton County, Eaton County, Ingham County*

- **Community Mental Health Authority of Clinton, Eaton, and Ingham counties** provides mental health, crisis and substance abuse services to the residents of Clinton, Eaton, and Ingham counties
517-346-8460
1-800-372-8460
http://www.ceicmh.org/

- **Clinton County Building Stronger Communities Council** develops and maintains interagency support and collaboration in order to foster and safeguard a comprehensive
and effective human service network to improve and enrich the quality of life in Clinton County.

http://clintoncountybscc.weebly.com/

Region 8 - Southwest Michigan
Counties Covered: Berrien Counties, Branch County, Calhoun County, Cass County, Kalamazoo County, St. Joseph County, Van Buren County

- Berrien County Suicide Prevention Coalition connects the people of Berrien County (Berrien, Cass & St. Joseph) to the information and resources they need for emotional wellness, thereby preventing suicide
  269-428-7226
  http://www.berriencares.org

- Borgess Behavioral Health provides assessment and personalized treatment plans for individuals seeking help for a mental health issue
  269-226-7000

- Gryphon Place provides the residents of Kalamazoo programs to help those facing life challenges whether in crisis, don't know where to find help, or in need to resolve a conflict
  The 24-hour HELP-Line: 269-381-HELP (381-4357)
  http://www.gryphon.org/

- Kalamazoo Community Mental Health and Substance Abuse Services works with youth, families and adults with mental illnesses, intellectual and developmental disabilities and co-occurring disorders to help them succeed residing in Kalamazoo county
  24 Hour emergency services: 269-373-6000 or 1-888-373-6200
  http://www.kazoocmh.org/

- Riverwood Center delivers a wide variety of quality mental health services and programs to children, families and adults with mental illnesses, intellectual/developmental disabilities and substance use disorders
  24 Hour emergency services: 1-800-336-0341
  http://www.riverwoodcenter.org/

- Summit Pointe Community Mental Health counseling and support services for those experiencing suicide, bipolar disorder, anxiety, depression and other mental health issues
  269-966-1460
  http://www.summitpointe.org/

- Van Burren Community Mental Health Authority offers trauma informed, prevention, assessment, crisis intervention, treatment, and support services to all people in Van Buren County
  24 Hour emergency services: 1-800-922-1418
Woodlands Behavioral Healthcare Network works in partnership with individuals, families and the community to inspire hope, promote resiliency and achieve recovery by providing effective behavioral health services to those residing in Cass County
24 Hour emergency services: 269-445-2451 or 800-323-0335
http://www.woodlandsbhn.org/

Region 9 - Southeast Michigan
Counties Covered: Hillsdale County, Jackson County, Lenawee County, Livingston County, Monroe county, Washtenaw County

Allegiance Behavioral Health is a comprehensive network of services, professionals and facilities designed specifically for the treatment of behavioral disorders
517-789-5971
http://www.allegiancehealth.org/locations/allegiance-behavioral-health-services

American Indian Health & Family Services of Southeastern Michigan is a non-profit health center serving the Native American community of Southeastern Michigan. Their mission is to empower and enhance the physical, spiritual, emotional, and mental wellbeing of American Indian families and other underserved populations through culturally grounded health and family services
313-846-3718
http://www.aihfs.org/

Behavioral Health Professionals, Inc. provides supports for individuals, including a 24-hour crisis/information and referral line
313-224-7000 or 800-241-4949
http://www.bhpi.org/?id=115&sid=1

Henry Ford Health System is the leading health care and medical services provider in the region
1-800-422-1183
http://www.henryford.com/body_academic.cfm?id=48946

LifeWays Community Mental Health provides specialized services and customized treatment options to individuals living in Jackson and Hillsdale counties
24 Hour emergency services: 517-789-1200 or 1-800-284-8288
http://www.lifewaysemh.org/

University of Michigan Behavioral Health is one of the nation’s leading healthcare facilities and is home to the nation’s first comprehensive Depression Center
734-936-4000
http://www.uofmhealth.org/conditions-treatments/mental-health-psychiatry

Region 10 - Detroit Metro
Counties Covered: Macomb County, Oakland County, Wayne County
- **Abaris Behavioral Health** provides a broad range of high quality psychiatric and psychological services to children and adolescents, adults, and geriatrics residing in Oakland and Macomb counties who have experience with mental illness (mild, moderate, severe and persistent), substance abuse and dependency (and dual diagnoses of mental illness and substance use disorder), educational or occupational problems and/or family and interpersonal problems
  248-650-8383
  http://abarishealth.com/

- **Common Ground** provides a lifeline for individuals and families in crisis
  24-Hour Resource and Crisis Helpline: 1.800.231.1127
  http://www.CommonGroundHelps.org

- **Detroit Wayne Mental Health Authority** is a safety net organization that provides a full array of services and supports to adults with mental illness, individuals with developmental disabilities, children with serious emotional disturbances and persons with substance use disorders
  24 Hour emergency services: 1-800-241-4949
  http://www.dwmha.com/

- **G. Colombini Counseling**
  Gigi Colombini is a Clinical Social Worker who, since 1990, has focused her passion on working with youth and adults who experience trauma, grief, anxiety, depression and suicide. Throughout her professional journey, Ms. Colombini has worked and supervised as a Crisis Counselor, lead and facilitated with numerous grief groups, lead CISM (Critical Stress Incident Management) trauma teams, and various community efforts throughout Oakland and Macomb counties. She currently has an outpatient practice in Birmingham, MI
  248-259-6290
  www.gcolombini.com

- **Macomb County Suicide Prevention Coalition (MCSPC)** is a group of individuals from many walks of life who are interested in helping to reduce the incidence of suicide in Macomb County, Michigan
  586-307-9100
  http://www.mcspc.org/

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**Statewide Resources**

- **McLaren Health** is a health network committed to evidence-based patient care
  http://www.mclaren.org/Main/psychiatric-services.aspx
• **Mental Health Association in Michigan** is a statewide, non-governmental organization dedicated to mental health
  248-647-1711
  http://www.mha-mi.com/

• **The Michigan Association for Suicide Prevention (MASP)** promotes education, training, research and community awareness, and also endorses the implementation of Michigan’s suicide prevention plan. A list of county suicide coalitions can be found at http://www.masponweb.org/coalition.htm

• **Michigan Veteran Resource Service Center** is a 24/7 call center connecting veterans to state programs, federal benefits, and local resources
  1-800-MICH-VET (1-800-642-4838)
  www.michiganveterans.com

• **National Alliance on Mental Health (NAMI)** is a national organization dedicated to improving the lives of persons living with serious mental illness and their families
  517-485-4049
  http://namimi.org/

**National Resources**

• **Crisis Chat Service** is a national chat network that provides online emotional support, crisis intervention, and suicide prevention services
  Crisis Text Line: Text “Start” to 741-741
  crisischat.org

• **National Suicide Prevention Lifeline** provides 24-hour confidential emotional support to people in suicidal crisis or distress
  1-800-273-TALK (8255)
  http://www_suicidepreventionlifeline.org/

• **SAMHSA’s Behavioral Health Treatment Services Locator** is an online source of information about substance use and mental health treatment facilities throughout the U.S.
  https://findtreatment.samhsa.gov/

• **Suicide.org** includes a list of suicide hotlines and crisis services throughout the State of Michigan as well as other helpful information on suicide

• **The Veterans Crisis Line** connects Veterans in crisis with qualified, caring responders from the Department of Veterans Affairs
  1-800-273-8255, or send a text message to 838255 to receive confidential support.
  https://www.veteranscrisisline.net/
If you or someone you know is in crisis, contact the National Suicide Prevention Hotline at 1-800-273-TALK (8255), call 911 or go to your nearest emergency room. The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.