

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.alconahealthcenters.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/>
- **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/>
- **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/>
- **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
<http://www.nemcmh.org/>
- **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/>

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
<http://www.accmhs.org/>
- **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
<http://www.barrycountyrecovery.com/>

- **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.cmhcm.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.saginawsurvivorsof suicide.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.sanilacmh.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
<http://www.borgess.com/default.aspx?pId=2362>
- **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

<https://www.vbcmh.com/>

- **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.lifewayscmh.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/>

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
<http://www.suicide.org/hotlines/michigan-suicide-hotlines.html>
- **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/>

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