

Need Immediate Help in a Crisis?

National Suicide Prevention Lifeline – www.988lifeline.org or Dial 988

A national network of local crisis centers providing free and confidential emotional support to people in suicidal crisis or emotional distress, providing service 24/7.

Common Ground – www.commongroundhelps.org

24-hour resource/crisis helpline, confidential counseling and short-term psychiatric care

800-231-1127 - Resource and Crisis Helpline

248-456-8150 - Administrative Offices

Programs and support groups: www.commongroundhelps.org/programs

Behavioral Health Urgent Care – www.behavioralhealthurgentcare.org 248-983-5454

BHUC makes it quick (same-day appointments are available!) and easy to get urgent behavioral health counseling in Michigan when you're experiencing things like depression, anxiety, panic attacks, or suicidal thoughts, but can't wait the days or weeks it often takes to be seen by a therapist or psychiatrist. Urgent behavioral healthcare is also helpful if you ran out of medication too early, are experiencing medication side effects, or have other psychiatric needs.

Crisis Text Line – www.crisistextline.org Text NAMI or MHFA or HOME to 741741

Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

Veterans Crisis Line – www.veteranscrisisline.net 1-800-273-8255 (or text to 838255)

Responders from the Department of Veterans Affairs offer a confidential toll-free hotline, online chat, and text message system. Support for deaf and hard of hearing individuals is available.

National Domestic Violence Hotline – www.thehotline.org 800-799-7233 / Text START to 88788

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.

National Sexual Assault Hotline – www.rainn.org/about-national-sexual-assault-telephone-hotline

800-656-4673 Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Crisis chat support 24/7: <https://hotline.rainn.org/>

HAVEN – www.haven-oakland.org 248-334-1274 or toll free: 877-922-1274

24-hour crisis/support line, domestic abuse and sexual violence, shelter, counseling and support groups

The Trevor Project – www.thetrevorproject.org 866-488-7386 or Text 678-678

A national organization providing crisis intervention and suicide prevention services to LGBTQIA+ youth, including a lifeline, text services, and suicide prevention workshops, providing service 24/7.

Lifeline for Suicide Attempt Survivors – <https://lifelineforattemptsurvivors.org/> 1-800-273-TALK (8255)

A subdivision of the National Suicide Prevention Lifeline dedicated to providing support for those who have survived a suicide attempt, whether recent or long in the past.

Need a listening ear and someone to accompany you?

Stephen Ministry—is a lay ministry helping those facing life's difficulties receive Christian love and support through a one-to-one confidential caring relationship. Stephen Ministers are members of our community who have been specifically trained to support people in need. They meet the needs of individuals who may be grieving, in a family crisis, terminally ill or hospitalized, facing life transitions or job crisis, or who are new to the community. More information, or requests for a Stephen Minister should be directed to Carol Ranks, Stephen Minister Coordinator at St. Mary of the Hills 248-853-5390.

Mental Health, Substance Use Disorder, and In-Patient Resources

Oakland Community Health Network – www.oaklandchn.org 248-464-6363

Mental health services for adults and children with serious mental illness, emotional disturbances and developmental disabilities.

Make the Connection – www.maketheconnection.net/what-is-mtc

Online resource to connect Veterans, their family members and friends, and other supporters with information, resources, and solutions

National Alliance on Mental Illness – www.namimi.org 248-773-2296

NAMI is the nation's largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families. The **NAMI Helpline** is a free, nationwide peer-support service providing information, resource referrals, and support to people living with a mental health condition, and their family members and caregivers. Helpline volunteers listen with understanding (often from their own experiences), and offer support and information about NAMI Programs, NAMI Support Groups and how to locate your local NAMI Affiliate. They do not provide counseling, advice, or referrals to counselors or lawyers. Monday – Friday 10 am – 10 pm
Call: 1-800-950-NAMI (6264), Text: 62640, Email: helpline@nami.org, or Chat: nami.org/help

Alcoholics Anonymous – www.aaokland.org/meetings 248-332-6116, 24-hr Helpline: 248-332-3521

International support group for those struggling with a drinking problem, featuring a twelve-step program and meetings with a local AA group.

Narcotics Anonymous – www.michigan-na.org/oakland-county-area Helpline: 877-338-1188

Global, community-based organization that creates a local support network for addicts seeking to stop using, regardless of the drug.

Grace Centers of Hope – www.gracecentersofhope.org/get-help 855-435-7424

Residential substance abuse recovery and life skills programs for men and women.

SAMHSA's National Helpline – www.samhsa.gov/find-help/national-helpline – 1-800-622-4357

Substance Abuse and Mental Health Services Administration hotline is a locator service for confidential treatment referral and information on mental health and substance abuse and recovery, 24/7.

Hope 365 – www.hope365wellness.org 248-659-8003

Peer-staffed, offering guests short-term **mental health respite care** in a friendly, safe, and home-like environment. Hope 365 helps guests manage their mental health concerns; and provides innovative and unique 'crisis aversion' services to adults 18+ residing in Oakland County who are self-aware of their mental health and are voluntarily seeking support service to help them with their recovery efforts. Guests may stay overnight for up to five days while they create a plan for moving forward.

Rose Hill Center – www.rosehillcenter.org Main Office: 866-809-7017 Admissions: 866-367-0220

One of the nation's leading long-term **mental health** facilities (located in Holly, Michigan). They offer comprehensive psychiatric treatment and residential rehabilitation services for adults 18 and over, combining a healing, pastoral environment with caring and experienced staff, effective group and individual therapy, and responsible medication management. They have a Residential Rehabilitation Program, Co-Occurring Treatment, Transitional Living, Community Support Program, and an Extended Residential Program.

Pontiac General Hospital – www.pontiacgeneral.com/health-care-patient-services 248-857-7200

Hospital offers 24/7 Urgent Care and **inpatient mental health** care for adults.

Mental Health, Substance Use Disorder, and In-Patient Resources

My Body—Michigan Eating Disorder Services —mindyogabody.com 248-537-2639

Individual, DBT Groups, Meal Support, Nutrition Counseling and Eating Disorder Intensive Outpatient Treatment available in person and via Telemental Health. Mental Wellness Services for the treatment of: mood disorders, eating disorders, trauma, c-ptsd, ptsd, addiction, anxiety, and depression.

CNS Healthcare – www.cnshealthcare.org 248-745-4900 or Toll-Free: 1-800-615-0411

Serving children and adults struggling with mental health and substance use disorders, this non-profit, Certified Community Behavioral Health Clinic (CCBHC) has eight clinics and two club houses in southeastern Michigan.

Havenwyck Hospital – <https://havenwyckhospital.com/> 800-401-2727

Offers confidential assessment at no cost, continuum of individualized inpatient and outpatient programs and services to children, adolescents and adults needing **psychiatric treatment**, including:

- Adult, Child & Adolescent Inpatient Programs
- Residential Impulse Disorder Program
- Partial Day Hospital Program for children, adolescent and adults
- Co-occurring substance abuse treatment for adolescents and adults

Ascension Brighton Center for Recovery – 810-227-1211 appointments: 877-976-2371

<https://healthcare.ascension.org/locations/michigan/midet/brighton-ascension-brighton-center-for-recovery>

For more than 60 years, Ascension Brighton Center for Recovery has been providing compassionate, personalized care to those struggling with **drug or alcohol dependence**. The Center offers a full range of treatment options, depending on the needs of each patient and the progress of his or her recovery, including: inpatient treatment, outpatient treatment, prevention, lifelong recovery, and ongoing support programs.

Henry Ford Health—Behavioral Health – www.henryford.com/services/behavioral-health 800-422-1183

Patients and families can access a wide range of treatment options relating to behavioral health, including:

- **Specialized care for children and teens:** specialized treatment options for young patients coping with behavioral health issues, including addiction
- **Inpatient psychiatric care:** in-depth, intensive care in a controlled environment for adults and young patients with severe behavioral health conditions
- **Mental health:** comprehensive outpatient psychiatric care for a wide range of behavioral health issues for patients of all ages
- **Neuropsychology:** thorough evaluations for complex behavioral health and medical conditions

Henry Ford Health—Addiction Care – www.henryford.com/services/behavioral-health/addiction

SE Michigan: 248-661-6100 (for an addiction assessment appointment)

The level of treatment you may need for your addiction (substance use disorder) will depend on the severity of your substance-use disorder, whether you have additional medical or behavioral health conditions, and your level of support at home. After your assessment, the addiction team will recommend one of three levels of treatment:

1. **Outpatient Treatment**—Outpatient addiction treatment allows you to stay at home with your family while working with a therapist or participating in structured support groups.
2. **Detoxification Services**—Medically supervised detoxification can help you safely manage the physical effects of addiction.
3. **Residential Treatment**—Structured, 24-hour care for up to 28 days is available at Maplegrove Center. Nestled in a peaceful wooded setting, a newly remodeled center offers semi-private and private room options, warm welcoming spaces, and a safe and stable environment to initiate recovery which can include detoxification, medication-assisted treatment, individual and group therapy, and family support programs.

Counseling resources particularly helpful to those with financial challenges

- **Catholic Charities of Southeast Michigan** – www.ccsem.org/counseling 855-882-2736
Counseling for adults, children, adolescents, and families... covering Depression, Anxiety, Post Traumatic Stress Disorder (PTSD), Substance Use Disorders, Co-Occurring Disorders, Grief and Loss Counseling, Traumatic Events, and more. They offer counseling services on a sliding scale. You may request a Catholic counselor or Spanish-speaking Catholic counselor. **CCSEM Royal Oak** office is closest and covers Oakland County: 248-548-4044... press 0 for operator.
- **Oakland Family Services** – www.oaklandfamilyservices.org Pontiac: 248-858-7766, Berkley: 248-544-4004
Mental health counseling, substance use disorder treatment and psychiatric services. Most insurances accepted and sliding scale fees based on income. *'Specialized Services for Youth'* provides individual, family, and group counseling as well as case management, in-home services, peer and parent support, respite and psychiatric services. Contact **Oakland Community Health Network (OCHN)**, for eligibility and screening **248-464-6363**.
- **Neighborhood House** – www.ranh.org/counseling 248-651-5836
Short-term, basic counseling **for NH clients** (individuals, couples and families)
- **SEHS Counseling Center** (at Oakland University) – www.oakland.edu/counseling/sehs-cc/ 248-370-2633
Free counseling sessions for anyone in Michigan (not crisis services); grad student counselors are supervised by fully licensed professional counselors...
- **Easterseals/MORC Michigan** – www.easterseals.com/MORC/about-us/certified-community.html 800-757-3257
Their Certified Community Behavioral Health Clinic (CCBHC) provides a comprehensive array of services to stabilize people in crisis, and provide the appropriate treatment for those with substance use and mental health disorders... emphasizing recovery, wellness, trauma-informed care and other physical-behavioral health needs for children and adults. Sliding fee scale for those in financial need.
- **Gary Burnstein Clinic** (Pontiac) – www.garyburnsteinclinic.org 248-309-3752
All services (including mental health) at the Gary Burnstein Community Health Clinic are free for adults, age 18 and older, who are uninsured, meet income guidelines, and live in Michigan; visit website for eligibility details.
- **Cabrini Clinic** (Detroit) – www.cabriniclinic.org 313-961-7863
A Community Health Worker will help determine eligibility for health insurance through Healthy Michigan Plan or Medicaid; mental health services are open on Wednesdays.

For college-bound youth with mental health challenges

www.intelligent.com/online-college-guide-for-students-with-mental-health-disorders/

For a list of Catholic, Christian, or general counselors, please contact Cindy in the Christian Service Office: cmonaghan@stirenaeus.org

This Mental Health Resource Guide was prepared by:

