

Need Immediate Help in a Crisis?

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

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 HOME or HOLA to 741741

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

Veterans Crisis Line – www.veteranscrisisline.net Text 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

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: START to 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/> Call 988

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. **Crisis Services:** 888-238-0611 or 988

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 for people living with a mental health condition, their family members and caregivers. Helpline volunteers listen with understanding (often from their own experiences), offer support and information about NAMI Programs, Support Groups and local Affiliates. They do not provide counseling, advice, or referrals to counselors or lawyers. Mon – Fri 10 am – 10 pm Call: 1-800-950-NAMI (6264), Text: 62640, Email: helpline@nami.org, or Chat: nami.org/help

Alcoholics Anonymous – www.aaoakland.org 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 248-334-2187

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

Online intake:

- Men: mensintake@gracecentersofhope.org
- Women: womensintake@gracecentersofhope.org

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: 248-634-5530 Admissions: 248-531-2405

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.

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.

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

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.

Sacred Heart Rehabilitation Center – www.sacredheartcenter.com

810-392-2167 (Richmond—offers residential and outpatient rehab) 248-658-1116 (Madison Hts—offers outpatient) Sacred Heart helps individuals and families access substance use disorder treatment and related behavioral health and wellness services across Michigan; including recovery support, withdrawal management, residential treatment, outpatient and intensive outpatient treatment, medication treatment, and virtual care. See website for all locations.

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

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.henryfordaddictionhelp.com

- Short-term residential treatment programs (14-28 days)
- Withdrawal management for alcohol, opioids, cocaine, fentanyl, marijuana, inhalants, stimulants and hallucinogens. We focus on safely managing physical symptoms under medical supervision, preparing individuals for ongoing treatment
- Individual and group therapy, physical activity, nutritious meals and wellness-focused activities, including therapeutic art, music and yoga
- Outpatient treatment options
- Medication-Assisted Treatment (MAT) combines FDA-approved medications with counseling and behavioral therapies to address biological, psychological, and social aspects of addiction
- Free education and support programs for family

Two full-service locations:

- **Henry Ford Maplegrove Center** (West Bloomfield): 248-661-6100 (for an addiction assessment appointment) www.henryford.com/locations/maplegrove
Maplegrove is set in a peaceful, wooded setting and features private rooms and bathrooms.
- **Henry Ford Brighton Recovery Center**: 810-220-5514
Brighton Recovery Center is located on 93 acres and includes several buildings plus welcoming outdoor spaces, a chapel, an inland lake, a meditation trail and gardens. Brighton Center also includes a Halfway House for individuals who don't have stable housing options or need extra support during early recovery.

Henry Ford Behavioral Health Hospital—Behavioral Health – www.henryfordbhh.com 866-877-2597

This new behavioral health hospital in West Bloomfield is a provider of inpatient psychiatric treatment for children, adolescents, adults, and seniors, including specialized treatment for acute symptoms of mood disorders, thought disorders, and substance use disorders. The hospital provides family, group, and individual therapy; offers physical activities, recreational therapy, and social skill building programs.

Counseling resources particularly helpful to those with financial challenges

- **Catholic Charities of Southeast MI**—Behavioral health and faith-based counseling www.ccsem.org/counseling
CCSEM Madison Heights office (515 E. Eleven Mile Rd) is the closest and covers Oakland County: 248-548-4044, x 4026... www.ccsem.org/bhmf Director Jacqueline Smith x 3123 leads a team of Catholic counselors.
Therapist Specialties: individuals, couples, families, and groups, addressing the needs of children, adolescents, and adults
Catholic Charities of Southeast Michigan's Oakland Macomb location offers comprehensive outpatient mental health services, supported by a dedicated team of highly qualified and experienced therapists. Most insurances accepted.
- **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.
- **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/ 800-799-7103

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

This Mental Health Resource Guide was prepared by:



The Rochester Area Catholic
Family of Parishes

Mental Health Ministry responds to mental
health needs by providing spiritual support,
awareness, education, and resources.

For more information, contact: MHM@SMOTH.org

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