

# Mental Health Resource Sheet

## Crisis/Emergency Services

All of these services are available 24 hours a day, 7 days a week

### **Police/Fire/EMS**

**911**

National Suicide Prevention Line	800-273-TALK (8255)
En Espanol:	888-628-9454
OK 2 Say	855-565-2729
	Text "OK2SAY" to 652729
Child/Adult Protective Services	855-444-3911
Poison Center	800-222-1222
Crisis Text Line	Text "HELLO" to 741741

## Alcohol/Substance/Addiction

Alcoholics Anonymous (AA)	aa.org
Narcotics Anonymous (NA)	800-662-4357
	Michigan-na.org

## Mental Health

National Alliance of Mental Health (NAMI)	nami.org
Support groups and helpline	
The Youth Mental Health Project	yhmh.org
The Trevor Project	thetrevorproject.org
Support for all members of the LGBTQ community	
Psychology Today	psychologytoday.com/us
Online resource to find a therapist or support group nearby	

## Social Media

Zach Gottlieb - @talkwithzach on IG and TikTok

Stefania Rossi - @dearmyanxiety on IG

Gemma Correll - @gemmacorrell on IG

Whitney Goodman - @sitwithshit on IG

**Contact social media outlets directly if you are concerned about a friend's social media updates or dial 911 in an emergency.**