

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

ymh.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