

Mental Health/Wellness/Crisis Resources

If you or someone you know is in crisis or in immediate danger: **call 911**

If you know someone who is contemplating suicide: **call 988**

Adult & Child Mandated Reporting Hotline: **1-855-444-3911**

Local/State Resources	National Resources
<p><u>Detroit Wayne Integrated Health Network (DWIHN)</u> (Helpline/TTY Available 24/7) Call: 800-241-4949 for Crisis Helpline TTY: 800-630-1044 for Crisis Helpline DWIHN: 313-833-2500 (8:00 am - 4:30 pm M-F) *Serves children & adults of Detroit/Wayne County</p> <ul style="list-style-type: none"> • Adult Crisis Service Directory • Behavioral Health Crisis Services • Children's Crisis Service Directory • Community Resources • Crisis Services • Mental Health and Suicide Prevention Resources 	<p><u>988 Suicide National & Crisis Lifeline</u> (Available 24/7; Free; Confidential) Call: 988 or 1-800-273-TALK (8255) Text: 988 Chat on website here *24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress</p>
<p><u>First Step</u> (Available 24/7; Free; Confidential) Call: 734-722-6800 *Domestic violence and sexual assault support</p>	<p><u>Crisis Text Line</u> (Available 24/7; Confidential) Text: HOME to 741-741 Chat on website here *Provides free, 24/7 mental health support via text message</p>
<p><u>Michigan Department of Health and Human Services (MDHHS)</u> *State programs supporting health and wellness</p> <ul style="list-style-type: none"> • Community Mental Health Service Programs Directory • Health & Wellness Resources • MDHHS Hotlines • Michigan Resources for Grieving Families 	<p><u>National Center for Missing & Exploited Children</u> (Available 24/7) Call: 1-800-THE-LOST (1-800-843-5678) Cyber Tipline *Resources, support, education around various topics related to missing and exploited children.</p>

Local/State Resources	National Resources
<p><u>Michigan Domestic Violence Hotline</u> (Available 24/7; Free; Confidential; Anonymous) Call: 866-VOICEDV (866-864-2338) TTY: 517-898-5533 Text: 877-861-0222 Chat: MCEDSV.org/chat *Provides one-on-one crisis support for domestic violence victims, survivors, and support persons</p>	<p><u>National Teen Dating Abuse Helpline (Love is Respect)</u> (Available 24/7; Free; Confidential) Call: 1-866-331-9474 Text: LOVEIS (22522) Chat online here (see button at bottom of page) *Helpline's peer advocates serve thousands of teens and young adults through 24/7 phone service</p>
<p><u>Michigan OK2SAY Student Safety Program</u> (Available 24/7; Confidential) Call: 8-555-OK2SAY (855-565-2729) Text: OK2SAY (652729) Email: OK2SAY@mi.gov *Confidential tip line for concerns related to criminal activity/harm towards students, schools, or school employees</p>	<p><u>National Domestic Violence Hotline</u> (Available 24/7; Free; Confidential) Call: 1-800-799-SAFE (7233) TTY: 1-800-787-3224 Text: Text "START" to 88788 Chat online here *Free 24/7 hotline for anyone experiencing domestic or intimate partner violence</p>
<p><u>Michigan Resource & Crisis Line (MiCAL)</u> (Available 24/7; Free; Confidential) Call: 988 or 844-44-MiCAL (64225) Text: 988 *Michigan's 24/7 statewide crisis, support, information, and referral line</p>	<p><u>National Human Trafficking Hotline</u> (Available 24/7; Free; Confidential) Call: 1-888-373-7888 TTY: Dial 711 to access Email: help@humantraffickinghotline.org Text: 233733 Chat online here *Connects victims and survivors of sex and labor trafficking with services and supports to get help and stay safe.</p>
<p><u>Michigan Sexual Assault Hotline</u> (Available 24/7; Free; Confidential; Anonymous) Call: 1-855-864-2374 Text: 1-866-238-1454 Chat on website here *Free 24/7 hotline for anyone who has experienced sexual assault</p>	<p><u>National Maternal Mental Health Hotline</u> (Available 24/7; Confidential; Free) Call/Text: 1-833-TLC-MAMA (1-833-852-6262) TTY: Dial 711 and then 1-833-852-6262 or preferred relay service *Offers support before, during, and after pregnancy</p>

Local/State Resources	National Resources
<p><u>mParks - Michigan Recreation and Park Association</u> Virtual Play and Wellness Network *Provides physical activity, nutrition, education, mindfulness, basic needs, COVID-19 resources</p>	<p><u>National Runaway Safeline</u> (Available 24/7; Confidential) Call: 1-800-RUNAWAY Chat online here *Resources for youth, concerned adults, service providers, and prevention/education.</p>
<p><u>New Oakland Family Center</u> (24-Hour Crisis Stabilization Hotline) Call: 877-800-1650 *A resource to help people in crisis any time, day or night</p>	<p><u>Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline</u> (Available 24/7; Free; Confidential) Call: 1-800-662-HELP (4357) TTY: 1-800-487-4889 Text: Text your zip code to 435748 (HELP4U) <u>Find a Treatment Facility</u> *Support for mental/substance use disorders</p> <p><u>SAMHSA's Disaster Distress Helpline</u> (Available 24/7/365; Confidential; Toll-Free; Multilingual) Call/Text: 1-800-985-5990 *Crisis support for those impacted by natural/human caused disaster</p>
<p><u>Non-Crisis Michigan Warmline (MiCAL)</u> (Available 7 days/week from 10am-2am; Anonymous) Call: 1-888-PEER-753 (1-888-733-7753) *Certified peer support specialists &/or recovery coaches support</p>	<p><u>The Trevor Project Lifeline</u> (Available 24/7; Free; Confidential) Call: 1-866-488-7386 Text: Text 'START' to 678-678 Chat on website here *Provides 24/7 crisis support services to LGBTQ young people</p>

Local/State Resources	National Resources
<p><u>The Guidance Center</u> Call: 734-785-7700 After Hours Crisis: 800-241-4949 <u>Youth Assistance Program</u> *Services and supports for people living with serious mental illness and their families</p>	<p><u>Veterans Crisis Line</u> (Available 24/7; Free; Confidential) Call: 988 and Press 1 Text: 838255 Chat on website <u>here</u> *For Veterans, service members, National Guard and Reserve members, and those who support them</p>
<p>Additional Wayne County Resources</p> <ul style="list-style-type: none"> • <u>Find a Therapist</u> • <u>McLaren 2022 Community Resource Guide</u> • <u>Wayne County Children’s Service Administration</u> • <u>Wayne County Services</u> • <u>Wayne RESA Newcomer Educational Resources</u> • <u>Wayne RESA: EL/Multilingual Resources for Educators and Families</u> 	<p>Employee Assistant Programs (EAP)</p> <ul style="list-style-type: none"> • Check with your district/employer to see if EAP benefits are offered <p>Health Insurance Providers</p> <ul style="list-style-type: none"> • Check with your health insurance provider (call member services) to see about covered mental health/behavioral services and/or in-network providers.