



## Mental Health/Wellness/Crisis Resources

**If you or someone you know is in crisis or in immediate danger, call 911**  
**Adult & Child Mandated Reporting Hotline: 1-855-444-3911**

### CRISIS RESOURCES:

Local/State <a href="#">MDHHS- Various Hotline Service Numbers List</a>	National
<p><a href="#">Common Ground Resource &amp; Crisis Helpline</a>  <b>(Available, 24/7; Free; Confidential)</b>            Call: 1-800-231-1127            Text: "Home" (741741)            Chat on website <a href="#">Adult Mobile Crisis Support</a>: 1-800-231-1127</p> <p><a href="#">Common Ground Behavioral Health Urgent Care</a>  <b>(Available 7 days/week- hours vary by day; Virtual Sessions)</b>            Call: (248) 983-5454</p>	<p><a href="#">988 Suicide National &amp; Crisis Lifeline</a>  <b>(Available 24/7; Free; Confidential)</b>            Call: 988 or 1-800-273-TALK (8255)            Text: 988            Chat on website  <a href="#">*Information on how calls/texts are routed to getting support</a></p>
<p><a href="#">Oakland Community Health Network (OCHN)</a>  <b>(Connects to Common Ground)</b>            Call: 1-800-231-1127</p> <p><a href="#">Youth Mobile Crisis Team</a>            Call: 877-800-1650  <a href="#">Flyer</a></p>	<p><a href="#">Veterans Crisis Line</a>  <b>(Available 24/7; Free; Confidential)</b>            Call: 988 and Press 1            Text: 838255            Chat on website <a href="#">here</a>            *For Veterans, service members, National Guard and Reserve members, and those who support them.</p>
<p><a href="#">Michigan Resource &amp; Crisis Line (MiCAL)</a>  <b>(Available 24/7; Free; Confidential)</b>            Call: 988 or 844-44-MiCAL (64225)            Text: 988  <a href="#">Website</a></p>	<p><a href="#">The Trevor Project Lifeline (LGBTQ+)</a>  <b>(Available 24/7; Free; Confidential)</b>            Call: 1-866-488-7386            Text: Text 'START' to 678-678            Chat on website <a href="#">here</a></p>
<p><a href="#">Non-Crisis Michigan Warmline (MiCAL)</a>  <b>(Available 7 days/week from 10am-2am; Anonymous)</b>            Call: 1-888-PEER-753 (1-888-733-7753)            *Certified peer support specialists &amp;/or recovery coaches support</p>	<p><a href="#">SAMHSA's Disaster Distress Helpline</a>  <b>(Available 24/7/365; Confidential; Toll-Free; Multilingual)</b>            Call/Text: 1-800-985-5990            *Crisis support for those impacted by <a href="#">natural/human caused disaster</a></p>
<p><a href="#">Michigan OK2SAY Student Safety Program</a>  <b>(Available 24/7; Confidential)</b>            Call: 8-555-OK2SAY (855-565-2729)            Text: OK2SAY (652729)            Email: <a href="mailto:OK2SAY@mi.gov">OK2SAY@mi.gov</a>            *Confidential Tip Line for concerns related to criminal activity/harm towards students, schools, or school employees</p>	<p><a href="#">National Domestic Violence Hotline</a>  <b>(Available 24/7; Free; Confidential)</b>            Call: 1-800-799-SAFE (7233)            TTY: 1-800-787-3224            Text: Text "START" to 88788            Chat: Chat <a href="#">here</a></p>
<p><a href="#">Michigan Domestic Violence Hotline</a>  <b>(Available 24/7; Free; Confidential; Anonymous)</b>            Call: 866-VOICEDV (866-864-2338)            TTY: 517-898-5533            Text: 877-861-0222            Chat: <a href="https://mcedsv.org/chat">MCEDSV.org/chat</a></p>	<p><a href="#">SAMHSA's National Hotline</a>  <b>(Available 24/7; Free; Confidential)</b>            Call: 1-800-662-HELP (4357)            TTY: 1-800-487-4889            Text: Text your zip code to 435748 (HELP4U)            *Support for mental/substance use disorders</p>

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Local/State (Cont.)	National (Cont.)
<a href="#"><u>HAVEN of Oakland County</u></a> <b>(Available 24/7; Free; Confidential)</b> Call: 248-334-1274 or 1-877-922-1274 Toll Free TTY: 248-972-2540 *Domestic Violence/Sexual Assault Support	<a href="#"><u>National Human Trafficking Hotline</u></a> <b>(Available 24/7; Free; Confidential)</b> Call: 1-888-373-7888; TTY: Dial 711 to access Hotline using TTY Email: <a href="mailto:help@humantraffickinghotline.org">help@humantraffickinghotline.org</a> Text: 233733 Chat: <a href="#"><u>Hotline Web Chat</u></a>
<a href="#"><u>Oakland County Resources</u></a> Call 248-858-1000 (Main Line) Toll Free: 888-350-0900	<a href="#"><u>National Dating Abuse Hotline</u></a> <b>(Available 24/7; Free; Confidential)</b> Call: 1-866-331-9474 Text: LOVEIS (22522) Chat: <a href="#"><u>Button on bottom of page</u></a>
<a href="#"><u>Detroit Wayne Integrated Health Network (DWIHN)</u></a> <b>(Helpline/TTY Available 24/7)</b> 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 * <a href="#"><u>Community Resources</u></a>	<a href="#"><u>National Runaway Safeline</u></a> <b>(Available 24/7; Confidential)</b> Call: 1-800-RUNAWAY <a href="#"><u>Chat</u></a> <a href="#"><u>Email</u></a> <a href="#"><u>Forum</u></a> *Has resources for youth, concerned adults, service providers, and prevention/education.
<a href="#"><u>Macomb County Community Mental Health (MCCMH)</u></a> <b>(Available 24/7; Confidential; Free)</b> Call: 586-307-9100 *Serves those within Macomb county.	<a href="#"><u>National Center for Missing &amp; Exploited Children</u></a> <b>(Available 24/7)</b> Call: 1-800-THE-LOST (1-800-843-5678) <a href="#"><u>Cyber Tipline</u></a> *Resources, support, education around various topics related to missing and exploited children.
<a href="#"><u>SAMHSA: Find a Treatment Facility</u></a> Web search function with filters to locate various services. Call to confirm current services offered/insurance coverage.	<a href="#"><u>National Maternal Mental Health Hotline</u></a> <b>(Available 24/7; Confidential; Free)</b> 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, & after pregnancy.

## **MENTAL HEALTH/WELLNESS RESOURCES**

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**Adult & Child Mandated Reporting [Hotline](#): 1-855-444-3911**

### **Oakland Mediation Center**

- [The Truancy Prevention Through Mediation Program \(TPTM\)](#)

### **Airtable: Oakland County Community Resource Guide**

- [Website](#)



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**MDHHS Community Mental Health Services Programs**

- [Statewide List](#)

**MDHHS Health & Wellness**

- [Health & Wellness Resources](#)

**MDHHS Hotline Numbers**

- [Helpful numbers to connect with MDHHS Services](#)

**Oakland Community Health Network (OCHN)**

- [Updated resource flyers of mental health services for the educational community](#)
- [Youth & Family Care Connection](#)

**Judson Center**

- [Behavioral Health Services Flyer](#) and [Website](#)

**Oakland County Suicide Prevention**

- [Resources](#)
- [Mental Health Services Flowchart](#)

**mParks Virtual Play & Wellness Network**

- [Physical activity, nutrition, education, mindfulness, basic needs, COVID-19 resources](#)

**Michigan Resources for Grieving Families (Grief/Loss/Bereavement)**

- [Statewide Resources](#)

**Employee Assistant Programs (EAP)**

- Check with your district/employer to see if EAP benefits are offered

**Health Insurance Providers**

- Check with your health insurance provider (call member services) to see about covered mental health/behavioral services and/or in-network providers.

**Youth Assistance**

- [Oakland County Youth Assistance Brochure](#)

**Locate Mental Health Providers**

- [Therapists, Online Therapy, Psychiatrists, Treatment Centers, & Support Groups](#)

**Oakland County Community Resources** (i.e., Foster Care, housing, emergency support, children/youth services, grief/loss, etc.)

- [2021 Community Resource Manual](#)

**Welcome Mat Detroit:**

- [Newcomer Community Resources Database](#)

**Oakland Children's Service Administration**

- [General Service Information](#)

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