Counseling Resources

**Common Ground**
800 231-1127 (24-hour crisis hotline, call/text)
commongroundhelps.org (can chat online)
1200 N. Telegraph Rd. Pontiac, MI
- Suicide hotline, crisis services for runaway/homeless youth, victims of crime, shelter, legal advice, counseling and screening for other services in Oakland County and for those with Medicaid.

**Oakland County YOUTH MOBILE CRISIS TEAM**
877-800-1650
- For families and individuals across Oakland County, Youth Mobile Crisis Services are available to help teens, young adults and children who are experiencing a mental health crisis.

Provided by New Oakland Family Centers, the services of the Oakland County youth mobile crisis program involve:
- Rapid mobile response with therapists who come to your location to help
- On-the-spot counseling by mental health professionals to help stabilize emotional and/or behavioral functioning.
- Assessment and coordination for continued stabilization
- Connections and referrals to ongoing services and support for individuals and families.

**AUBURN HILLS**
**Easter Seals**
248 475-6400 or 800 75 SEALS
easterseals.com
2399 E. Walton Blvd. Auburn Hills, MI 48326
- Takes some insurances and Medicaid HMO plans for counseling. Other programs must be referred to from Common Ground.

**Sollars and Associates (locations also in Rochester Hills & Troy)**
248-973-4060
https://sollarsassociates.com
BLOOMFIELD HILLS

Aspen Behavioral Health P.C.
(248) 224-8550
Eric Pihlgren, Clinical Psychologist
www.aspendbt.com
600 North Old Woodward, Suite 304 Birmingham, MI 48009  OR
36400 Woodward Avenue, Suite 116 Bloomfield Hills, MI 48304
  • Does Dialectical Behavior Therapy (DBT); has taught DBT at Wayne State

Dennis & Moye Associates PC
248-451-9085
https://www.dmbandassociates.com/
1750 S Telegraph Rd Suite 101 Bloomfield Hills, MI 48302
  • Children, adults, adolescents, and older adults. Emotional, developmental and relationship issues.

Psychological Institute of MI, P.C.
(248) 626-4622
Larry Friedberg, Ph.D. (Clinical and Forensic Psychologist)
7457 Franklin Road, Suite 210 Bloomfield Hills, MI 48301
  • Psychotherapist who completes psychological assessments (i.e. cognitive, mental health therapeutic assessment)
  • Works with children and adolescents to address issues such as depression, anxiety, anger, attention/learning difficulties, social withdrawal, self-destructive behavior.

Joe Kort and Associates
248-399-7317
https://joekort.com/
25600 Woodward Ave, STE 218 Royal Oak, MI 48067
  • Sexual issues, behavioral and relationship issues
CLARKSTON

Advanced Counseling Services (LifeStance Health)
248 922-2300
Advancedcounseling.info
7300 Dixie Highway #1000 Clarkston, MI 48346

Clarkston Family Therapist
248 922-9077
clarkstonfamily.com
5639 Sashabaw Rd Clarkston, MI 48346

Clarkston Lighthouse Counseling
(248)245-1809/(248) 636-1658
https://www.clarkstonlighthousecounseling.com/
7183 North Main Street Clarkston MI 48346
  • Chandler Flemming, L.M.S.W.Great with children with Aspergers/ADHD

Garwood & Associates
(248) 625-3123
9340 Dixie Highway Clarkston, MI 48348
  • Susan Wotring, LMSW Specializes in adolescent females & women’s issues
  *ACCEPTS MEDICAID*

Great Lakes Psychology Group
248 294-0072
greatlakespsychologygroup.com
6548 Town Center Dr. Suite D Clarkston, MI 48346

New Oakland Family Centers
800 395-3223 or 248 620-6400
newoakland.org
6549 Town Center Drive Clarkston, MI 48346
  • Has a day treatment program as well as counseling.
North Oakland Family Counseling Center
248-620-1019
http://www.northoaklandfamilycounselingcenter.com/
6887 Dixie Hwy, Ste. A Clarkston, MI 48346

Therapy Services of Clarkston Counseling Center
248-922-7726
www.therapyservicesofclarkston.com
6770 Dixie Hwy Suite 103, Clarkston, MI 48346
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Triad Counseling Centers
248 625-2970
triadcounselingcenters.com
8062 Ortonville Rd Clarkston, MI 48348

LAKE ORION

Bald Mountain Behavioral Medicine
248 693-4000
Bmbmedicine.com
1375 S. Lapeer Rd #203 Lake Orion, MI 48360
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Catholic Social Services
248 693-7526 or 855 8822736
ccsem.org
715 N. Lapeer Rd Lake Orion, MI 48362

Lake Orion Counseling Center
248 595-9969
Lakeorioncc.com
3604 Clarkston Rd. Clarkston, MI 48348
Oakland Psychological Clinic
248 393-5555
oakpsych.com
1455 S Lapeer Rd. #175 Lake Orion, MI 48360

Treeside Psychological Clinic P.C.
248 693-9614
treesidecounseling.org
45 N. Lapeer St Lake Orion, MI 48362

OAK PARK

Jewish Family Service
248-592-2300
25900 Greenfield Rd. #405
Oak Park, MI 48237


OXFORD

Glio Counseling Group
248 891-2255
gliocounselinggroup.com
837 S. Lapeer Rd. Suite 205 Oxford, MI 48371

Sage Tree Psychology Group
248 800-4250
Sagetreepsych.com
925 N Lapeer Rd Suite 151 Oxford, MI 48371
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Willows Edge
248 834-0614
Willowsedge.net
Counseling and Healing Arts Center
2 B. South Washington St. Oxford, MI 48371

PONTIAC

Centro Multicultural La Familia
248 858-7800
centromulticultural.org
35 W. Huron St. Suite 500 Pontiac, MI 48342
  • Counseling for Spanish Speaking Families

Oakland Family Services
248 858-7766
oaklandfamilyservices.org
114 Orchard Lake Rd. Pontiac, MI 48341
  • Must be referred to by common ground to access services.

ROCHESTER

Doctors for Kids
248-650-5009
Jessica Osburn, PhD, LP, Psychologist
940 W. Avon Rd, Suite 11 Rochester Hills, MI 48307
  • Has experience working in the school setting.

Oakland University Free Counseling
248 370-2633
oakland.edu
250 Pawley Hall Oakland University Rochester, MI 48309
**Rochester Center for Behavioral Medicine**  
248 608-8800  
rctm.net  
441 South Livernois Rd. Suite 100  Rochester Hills, MI 48307

**TROY**

**Perspectives of Troy (offices also in Clarkston & Rochester)**  
248 244-8644  
perspectivesoftroy.com  
888 W. Big Beaver Rd. Unit 1450 Troy, MI 48084  
- Family counseling, teen counseling, Christian based counseling, self-mutilation, ADHD

**PSYCHIATRISTS**

**Birmingham Maple Clinic**  
(248) 646-6659  
Dr. London, Psychiatrist  
[https://www.birminghammaple.com/](https://www.birminghammaple.com/)  
2075 W. Big Beaver Rd #520 Troy, MI

**Dr. Michael Colman, Psychiatrist**  
(248)644-0208  
2725 Endsleigh Dr. Bloomfield Hills, MI 48301  
- Specializes in anxiety, depression, grief, adoption

**Oakland Psychiatric Associates**  
248 241-6514  
opapc.com  
5701 Bow Pointe Dr. Clarkston, MI 48346  
- Counseling services are also available
HOSPITALS

**Havenwyck Hospital**
248-373-9200  
[Havenwyckhospital.org](http://Havenwyckhospital.org)  
1525 University Dr. Auburn Hills, MI 48326  
- EMERGENCY, In-Patient, and Out-Patient Care Offered  
- Day Programs Available

**Beaumont Children’s Hospital/Hough Center for Eating Disorders**
248-594-3142 or 248-898-5000  
31815 Southfield Road, Suite 22 Beverly Hills, MI 48025  
[Beaumont.org](http://Beaumont.org)  
- In-Patient Care Offered  
- Specializes In Eating Disorders

**Harbor Oaks Hospital**
855-297-0326  
[https://www.harboroaks.com/](https://www.harboroaks.com/)  
35031 23 Mile Rd. New Baltimore, MI 48047  
- Equipped to provide treatment for addictions, behavioral disorders, and psychiatric disorders. We offer multiple levels of care for children, adolescents, adults, and older adults who are struggling with these concerns.

**PineRest Hospital**
616-455-9200 or 800-678-5500  
[https://www.pinerest.org](https://www.pinerest.org)  
300 68th Street SE Grand Rapids, MI 48548  
- Treatment services are managed by board-certified psychiatrists, working along with a multi-disciplinary team, to provide a comprehensive professional assessment, crisis stabilization, medication management and an individual plan for transition to a less intensive level of care. Wondering if inpatient services are necessary? Give us a call at 800-678-5500. Our Contact Center is staffed 24/7 with licensed clinicians trained to discuss each individual’s unique situation and determine the appropriate level of treatment required.
REFERRALS/HELPFUL RESOURCES

**Psychology Today**
Psychologytoday.com
- List of counseling offices and treatment programs in Oakland County. Can search for counselors/therapists by insurance, issue, zip code, etc.

**Michigan Mental Health Networker**
Mhweb.org
- Lists for child & adolescent services, mental health treatment services, support and psychotherapy groups, therapist directory, etc.

**H.A.V.E.N.**
248-334-1274
www.haven-oakland.org
- Domestic and Sexual Assault, treatment, and prevention services
- Women and children, 24-hour emergency care.

**Oakland Community Health Network**
248-464-6363 or Immediate help 800-231-1127
https://www.oaklandchn.org/

**Parent Guidance**
https://parentguidance.org/
- Offers education and therapeutic support to empower and give you hope as you support your child’s mental health.

**CRISIS LINES**
- Suicide and Crisis Lifeline 988
- National Suicide Prevention Hotline: 800-273-8255
- Common Ground Crisis Line: 800-231-1127
- Common Ground Text Line: Text HELLO to 741741
- Michigan Crisis & Access Line: Call or Text 844-446-4225
- Okay2Say Hotline: 855-565-2729 or Text 652729