

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

ACCEPTS MEDICAID

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

ACCEPTS MEDICAID

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

- *Adoption, crisis intervention/suicide prevention, depression, divorce, domestic violence, grief & loss, HIV/AIDS, gender issues, interfaith issues, single parenting, special needs parenting, substance abuse, addiction recovery, marital.*

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

ACCEPTS MEDICAID

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

rcbm.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/>

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

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

- *In-Patient Care Offered*
- *Specializes In Eating Disorders*

Harbor Oaks Hospital

855-297-0326

<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>

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