

MENTAL HEALTH RESOURCES

Detroit Wayne Integrated Health Network Crisis Hotline

Phone: 800-241-4949

<https://dwihn.org/>

National Suicide Prevention Lifeline

Phone: 988 (talk or text)

<https://suicidepreventionlifeline.org/>

Parent Help & Coaching: <https://parentguidance.org/>

Find hope and answers

We make it easy to tackle the tough stuff: all that rough-life stuff parents feel discomfort discussing with their children.

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline.

The 988 brand embodies the 988 Suicide & Crisis Lifeline's ideals and goals. Built on a concept of connecting with those who are experiencing suicidal or mental health crises, the [988 Suicide & Crisis Lifeline brand](#) primarily seeks to offer a sense of hope. We want that hope to encourage people to call, chat or text 988 if they or a loved one are in a suicidal or mental health-related crisis.

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of

the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities

Offered through SAMHSA - Substance Abuse and Mental Health Services Administration.

“988” is the three-digit, nationwide phone number to connect directly to the 988 Suicide and Crisis Lifeline

SUBSTANCE ABUSE & MENTAL HEALTH SERVICES ADMINISTRATION HOTLINE

1-800-985-5990 or Text TalkWithUs to 66746

If you or someone you know are experiencing suicidal thoughts, the Emergency Room is the quickest way for mental health help. Please don't hesitate because of the coronavirus. Emergency rooms have procedures in place to help you or someone you love.

Henry Ford Wyandotte Hospital
2333 Biddle Ave
Wyandotte, MI 48192

University of Michigan
1500 E. Medical Center Drive
Ann Arbor, MI 48109

Beaumont-Trenton
5450 Fort St
Trenton, MI 48183

TRENTON POLICE DEPT.
Trenton Police Department
Emergency: 911
Non-emergency: 734-676-3737

FACE TO FACE & TELE THERAPY LOCATIONS

***Check with your insurance about tele-therapy sessions. Many of these insurances are covering these services due to COVID. Many additional therapists are beginning to see clients in person.**

Preparing for Tele-Therapy: Document that includes some things that might help you be better prepared for your tele-therapy session

Starfish Family Services

Phone: 888-355-5433

<https://www.starfishfamilyservices.org/>

The Children's Center

Phone: 313-262-1212

<https://www.thechildrenscenter.com/>

New Oakland Family Centers

Phone: 800-395-3223

<https://newoakland.org/>

The Guidance Center

Phone: 734-785-7700

<https://www.guidance-center.org/>

Apex Downriver Behavioral Health

Phone: 734-479-0949

<https://www.apexdownriver.com>

LifeStance Health (formerly Advanced Counseling) (Taylor)

734-285-8282

New Clients - 734-759-0000

<https://advancedcounseling.info/>

The Children's Crisis Center

313.831.5535

M-TH: 8 a.m. – 8 p.m.

F: 8 a.m. – 5 p.m.

79 Alexandrine West

Detroit, MI 48201

*Walk-ins welcome during
the following hours:*

M-F: 8 a.m. – 11 a.m. Crisis
Center 8 am - 8pm

Great Lakes Psychology Group -They offer grief counseling as well

Phone: 248-294-0072

<https://www.greatlakespsychologygroup.com/>

LOCAL MENTAL HEALTH THERAPY resource (find a therapist today):

<https://www.psychologytoday.com/us/therapists/48183>

Counseling Centers

<u>Downriver Counseling and Therapy</u> 16100 King Road Riverview, MI 48193 734-479-6633	<u>Oakwood Taylor Teen Health Center</u> 26650 Eureka Rd. Taylor, MI 48180 734-942-2273 oakwood.org
<u>The Guidance Center</u> 13101 Allen Road Southgate, MI 48195 734-785-7700	<u>Counseling & Resource Center of Dearborn</u> 2881 Monroe St. Suite 201 Dearborn, MI 48124 313-359-1977

<p><u>Crisis Screening</u>: 734-785-7704 www.guidance-center.org</p>	<p>http://counselingandresourcecenter.com/</p>
<p><u>The Children's center</u> 79 W Alexandrine St, Detroit, MI 48201 (313) 324-8557 www.thechildrenscenter.com</p>	<p><u>On Your Side Family Services</u> 2910 W Jefferson Ave, Trenton (734) 346-6430 http://onyoursidemi.com/</p>

The Beaumont Teen Health Centers <https://www.beaumont.org/services/teen-services> offer a wide variety of mental health/counseling services designed to help teens and young adults face the many challenges in their lives – addiction, violence, grief, depression, abuse.

- Individual and family counseling
- Crisis intervention
- Anger management groups
- First-time and early juvenile offender diversion program
- Referrals to other services

Beaumont Teen Health Center Locations

Beaumont has Teen Health Centers located in various cities throughout southeast Michigan:

INKSTER

REDFORD

RIVER ROUGE

ROMULUS

TAYLOR

WESTLAND

TAYLOR (IN TAYLOR HIGH)

GRIEF/LOSS SUPPORT

Ele's Place (Ann Arbor) - Assisting and supporting families virtually

734-929-6640

Elesplace.org

Sand Castles (Detroit)

313-874-6881

aboutsandcastles.org

Gabby's Ladder (Monroe)

734-242-8773

Gabbysgriefcenter.org

New Hope: Center for Grief Support (Various Locations)

(248) 348-0115

Newhopecenter.com

Grief Share: Grief and Loss Groups, Many at local churches

Griefshare.com

FOOD AND CLOTHING PANTRIES

1. St. Paul Lutheran, food gift cards through the Caring Ministry, call 734-676-1565 and ask for Deacon Scala. He can help those in need.

2. Faith Methodist- **Community Closet**

OPEN Tuesdays 11am-1pm, and Thursdays 11am-1pm

2530 Charlton

Trenton, Michigan 48183

Phone (734) 671-5211

Fax 734 671 5212

3. St. Phillips Lutheran Church: FOOD PANTRY

1790 Fort Street, Trenton MI 48183 • 734-676-7141, or email stphilipelca@gmail.com

Various links to more Mental Health Resources:

<https://padlet.com/waltersm9/uet4e8u6srbk75fp>

Trenton Public Schools Mental Health Contact Information

Hedke Elementary: 734-692-4563

Ms. Kramer (School Social Worker)- kramerb@trentonschools.com

Anderson Elementary: 734-676-2177

Ms. Waggoner (School Social Worker)- waggonerh@trentonschools.com

Arthurs Middle School: 734-676-8700

Ms. Kelly (School Social Worker)- kellys@trentonschools.com

Ms. Anderson (Counselor)-andersone@trentonschools.com

Ms. Scrimenti (Counselor)-scrimentik@trentonschools.com

Trenton High School: 734-692-4530

Ms. Richardson (Social Worker) richardsonm@trentonschools.com

Ms. Jezylo (Counselor)- jezylom@trentonschools.com

Mr. Walters (Counselor)- waltersm@trentonschools.com

Ms. Siggia (Counselor)- siggiaa@trentonschools.com