



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](tel:1-855-444-3911)

CRISIS RESOURCES:

Local/State MDHHS- Various Hotline Service Numbers List	National
<p>Common Ground Resource & Crisis Helpline (Available, 24/7; Free; Confidential) Call: 1-800-231-1127 Text: "Home" (741741) Chat on website Adult Mobile Crisis Support: 1-800-231-1127</p> <p>Common Ground Behavioral Health Urgent Care (Available 7 days/week- hours vary by day; Virtual Sessions) Call: (248) 983-5454</p>	<p>988 Suicide National & Crisis Lifeline (Available 24/7; Free; Confidential) Call: 988 or 1-800-273-TALK (8255) Text: 988 Chat on website *Information on how calls/texts are routed to getting support</p>
<p>Oakland Community Health Network (OCHN) (Connects to Common Ground) Call: 1-800-231-1127</p> <p>Youth Mobile Crisis Team Call: 877-800-1650 Flyer</p>	<p>Veterans Crisis Line (Available 24/7; Free; Confidential) Call: 988 and Press 1 Text: 838255 Chat on website here *For Veterans, service members, National Guard and Reserve members, and those who support them.</p>
<p>Michigan Resource & Crisis Line (MiCAL) (Available 24/7; Free; Confidential) Call: 988 or 844-44-MiCAL (64225) Text: 988 Website</p>	<p>The Trevor Project Lifeline (LGBTQ+) (Available 24/7; Free; Confidential) Call: 1-866-488-7386 Text: Text 'START' to 678-678 Chat on website here</p>
<p>Non-Crisis Michigan Warmline (MiCAL) (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>SAMHSA's Disaster Distress Helpline (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>Michigan OK2SAY Student Safety Program (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>National Domestic Violence Hotline (Available 24/7; Free; Confidential) Call: 1-800-799-SAFE (7233) TTY: 1-800-787-3224 Text: Text "START" to 88788 Chat: Chat here</p>
<p>Michigan Domestic Violence Hotline (Available 24/7; Free; Confidential; Anonymous) Call: 866-VOICEDV (866-864-2338) TTY: 517-898-5533 Text: 877-861-0222 Chat: MCEDSV.org/chat</p>	<p>SAMHSA's National Hotline (Available 24/7; Free; Confidential) 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>

**This resource list is not exhaustive or exclusive but a guide to assist individuals and organizations seeking mental health, wellness, and/or crisis resources. The contents of this document are for informational purposes only. The use of this document is intended to be a resource tool and is not legal advice or intended to replace professional medical advice, treatment, or diagnosis. The use of any and/or all of these links are at the discretion of the district/organization to best meet community needs. Oakland Schools is not responsible for any content that is linked to external sites. While OS will periodically review these resources, links should be reviewed for use and approved through your district prior to distribution within your district and/or community.*

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

MENTAL HEALTH/WELLNESS RESOURCES

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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](#)



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MDHHS Stay Well/Mental Health Resources

- [Online discussion groups, help line, teen resources, webinars, and more](#)

Oakland Community Health Network (OCHN)

- [Offers crisis and non-crisis services](#)
- [MyStrength \(for 13+ yr olds\), Sober Support Unit, The RISE Center resources](#)

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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