

1. HELP LINE INFORMATION

National Suicide Prevention Lifeline	988 or 800.273.TALK (8255)
Suicide Text Line:	Text "Help" to 988 or 741.741
Veteran Crisis Line	988 or 800.273.TALK (8255), option 1
LGBTQ Youth Crisis Intervention/Trevor Project	866.488.7386 or text 678.678
Pine Rest Psychiatric Urgent Care Center.....	616.455.9200

2. HOSPITALS/EMERGENCY ROOM CONTACTS
SPECTRUM HEALTH HOSPITALS

Barry County:	Pennock Hospital.....	269.945.3451
Berrien County:	Lakeland Medical Center.....	269.983.8300
	Lakeland Watervliet Hospital	269.463.3111
	Lakeland Niles Hospital.....	269.683.5510
Kent County:	Butterworth Hospital (ED).....	616.391.1447
	Blodgett Hospital (ED).....	616.774.7740
	Helen DeVos Children's Hospital.....	616.391.9000
Mason County:	Ludington Hospital.....	231.843.2591
Mecosta County:	Big Rapids Hospital.....	231.592.4477
Montcalm County:	Kelsey Hospital	989.352.7211
	United Hospital.....	616.754.4691
Newaygo County:	Gerber Memorial Hospital	231.924.3300
Osceola County:	Reed City Hospital.....	231.833.7110
Ottawa County:	Zeeland Community Hospital	616.772.4644

NON SPECTRUM HEALTH HOSPITALS

Allegan County:	Allegan General Hospital	269.673.8424
Eaton County:	Eaton Rapids Medical Center.....	517.543.9508
	Sparrow Eaton Hospital	517.543.9508
Grand Traverse County:	Munson Medical Center	231.935.5000
Gratiot County:	Gratiot Community Hospital	989.463.1101
Ingham County:	McLaren Greater Lansing Hospital.....	517.975.7500
	Sparrow Hospital	517.364.4149
Ionia County:	Sparrow Ionia Hospital.....	616.523.1400
Kalamazoo County:	Ascension Borgess Hospital.....	269.226.7000
	Bronson Methodist Hospital	269.341.6383
Kent County:	University of Michigan Health West	
	Metro Health West.....	616.252.7200
	Mercy Health St. Mary's Hospital	616.685.6789
Montcalm County:	Sparrow Carson Hospital	989.584.3131
Muskegon County:	Mercy Health Hackley Hospital.....	231.726.3511
Ottawa County:	Mercy Health Mercy Hospital	231.672.2000
	Holland Hospital	616.392.5141
Oceana County:	North Ottawa Community Hospital.....	616.842.3600
	Mercy Health Lakeshore Campus.....	231.861.3045

3. COMMUNITY MENTAL HEALTH 24/7 ASSESSMENTS AND OTHER RESOURCES

Emergency	911
Allegan County:	Allegan County Community Mental Health.....	269.673.0202
Barry County:	Barry County Community Mental Health Authority.....	69.948.8041
Benzie County:	Centra Wellness Network	877.398.2013
Berrien County:	Riverwood Center.....	269.925.0585
Calhoun County:	Summit Point.....	800.632.5449
Clare County:	Community Mental Health of Central Michigan	800.317.0708
Clinton County:	CMH Authority of Clinton Eaton and Ingham Counties.....	517.346.8460
Crawford County:	Northern Lakes Community Mental Health.....	989.348.8522
Eaton County:	CMH Authority of Clinton Eaton and Ingham Counties.....	517.346.8460
Gladwin County:	Community Mental Health of Central Michigan	800.317.0708
Grand Traverse County:	Northern Lake Community Mental Health	231.922.4850
Ingham County:	CMH Authority of Clinton Eaton and Ingham Counties.....	517.346.8460
Ionia County:	The Right Door.....	888.571.1790
Isabella County:	Community Mental Health of Central Michigan	800.317.0708
Lake County:	West Michigan Community Mental Health.....	800.992.2061
Leelanau County:	Northern Lake Community Mental Health.....	231.922.4850
Kalamazoo County:	Integrated Services of Kalamazoo	269.373.6000
Kent County:	Network 180.....	616.336.3909
Manistee County:	Centra Wellness Network	877.398.2013
Mason County:	West Michigan Community Mental Health.....	800.992.2061
Mecosta County:	Community Mental Health of Central Michigan	800.317.0708
Midland County:	Community Mental Health of Central Michigan	800.317.0708
Missaukee County:	Northern Lakes Community Mental Health.....	231.775.3463
Montcalm County:	Montcalm Care Network	989.831.7520
Muskegon County:	Health West.....	231.722.4357
Newaygo County:	Newaygo County Community Mental Health	800.968.7330
Oceana County:	West Michigan Community Mental Health.....	800.992.2061
Osceola County:	Community Mental Health of Central Michigan	800.317.0708
Ottawa County:	Community Mental Health of Ottawa County866.512.4357
Roscommon County:	Northern Lakes Community Mental Health.....	989.366.8550
Wexford County:	Northern Lakes Community Mental Health.....	231.775.3463

4. INPATIENT PSYCHIATRIC HOSPITALS

Berrien County:	Spectrum Health Lakeland Hospital Psychiatric Unit.....	269.983.8316
Calhoun County:	Oaklawn Hospital Inpatient Psychiatric Unit.....	269.781.4484
	Bronson Battle Creek Fieldstone Center.....	269.245.8340
	Battle Creek VA Medical Center.....	269.966.5600
Clinton County:	Cedar Creek Psychiatric Hospital.....	989.403.6100
Grand Traverse County:	Munson Hospital Inpatient Psychiatric Unit	231.935.8351
Gratiot County:	MyMichigan Medical Center Behavioral Health.....	.989.466.7170
Ingham County:	Sparrow Hospital Adult and Geriatric Psychiatric Unit	517.364.3490
Jackson County:	McLaren Hospital Older Adult Psychiatric Unit	517.975.3212
Kalamazoo County:	Henry Ford Allegiance Inpatient Psychiatric Unit	517.205.5971
Kent County:	Ascension Borgess Hospital Behavioral Health Inpatient.....	269.226.8133
	Pine Rest	616.455.9200
	Forest View Psychiatric Hospital	616.942.9610
Muskegon County:	St. Mary's Psychiatric Medical Unit.....	616.685.6611
Ottawa County:	Hackley Hospital Behavioral Health.....	231.672.4950
	Holland Hospital Psychiatric Unit.....	616.494.4217

5. SURVIVORS OF SUICIDE SUPPORT

West Michigan Survivors of Suicide Losswmsosl.org
To find a support group near you.....afsp.org/find-a-support-group

6. LGBTQ+ COUNSELING AND RESOURCES

Grand Rapids:	North Kent Guidance – LGBT Counseling Center.....	616.361.5001
	Grand Rapids Pride Center.....	616.458.3511
	Grand Rapids Trans Foundation.....info@grtransfoundation.org	
	Pine Rest Mindfulness Therapy Group for LGBT Persons	866.852.4001
	Pine Rest Campus Clinic Kimberly Kunze	616.258.7429
	River City Psychological Services.....	616.259.7207
	Arbor Circle Sarah Clymer	616.459.7215
	Mindful Counseling	616.425.9245
	Bruce Punches, MA, LPC.....	616.450.9560
	Justine Braford, LMSW.....	616.899.4117
	Cherry Health, LaVange Barth, LMSW.....	616.913.8590
	Pine Rest Campus Northeast Clinic.....	616.364.1500
	Deborah Spoores, MA LLP	616.638.4671
	Jason Kae.Smith, LMSW, CST.....	616.690.0010
	Thriveworks Counseling.....	616.421.9387
	Restorative Practice, Mary L Viventi, MA, CSW	616.774.0633
	TJ Fox LMSW CAADC	tjfox@grspecialtytherapy.com or 616.528.0059
	PFLAG for Parents and Families.....	616.336.8189
Holland:	PFLAG	616.494.0765
	Out On The Lakeshore	616.994.8090
Allendale:	GVSU, Milton E. Ford LGBT Resource Center.....	616.331.2530
	Solace Counseling Services.....	616.892.1070
Lansing:	PFLAG	pflaglansing@gmail.com
Kalamazoo:	Out Front Kalamazoo.....	269.349.4234
Benton Harbor:	Out Center.....	269 934.5633

7. SUBSTANCE USE INPATIENT DETOXIFICATION FACILITIES

Brighton:	Brighton Center for Recovery.....	810.227.1211
Grand Rapids:	Pine Rest Detox.....	616.258.7500
	Salvation Army Turning Point	616.742.0351
Jackson:	Allegiance Health Addiction Center	517.205.4001
Lansing:	Sparrow Substance Abuse Unit.....	517.364.7740
Traverse City:	Addiction Treatment Center	231.346.5216

8. PAYER'S BEHAVIORAL HEALTH HOTLINE

Priority Health 24/7 Emergency Line

Or refer to the back of the patient's insurance card for a number

800.673.8043

9. MENTAL HEALTH/SUBSTANCE USE OUTPATIENT SERVICES. KENT COUNTY

SPECTRUM HEALTH OFFICES

Psychiatry and Behavioral Medicine.....	616.447.5820
HDVCH Psychiatry and Behavioral Medicine	616.267.2830
Addiction Clinic at CIM	616.391.6120
Youth Behavioral Health Clinic	616 447.5820

NON SPECTRUM HEALTH OFFICES

Alcoholics Anonymous	616.913.9216
Alcohol and Chemical Abuse Consultant (ACAC)	616.957.5850
Arbor Circle	616.456.6571
Bethany Christian Services	616.224.7550
Catholic Charities of West Michigan	616.456.1443
Cherry Health Heart of the City	616.965.8200
Claystone Clinical Associates.....	616.949.7460
Comprehensive Treatment for Eating Disorders	616.957.7700
D.A. Blodgett St. John's	616.451.2021
Family Outreach Center	616.247.3815
Forest View Hospital	616.942.9610
Hope Network	616.301.8000
InterAct of Michigan	616.259.7900
Leonard Street Counseling Center.....	616.954.1991
Michigan Tobacco Quit Line.....	800.QUIT.NOW (784.8669)
Narcotics Anonymous	www.narcotics.com
North Kent Guidance Services.....	616.361.5001
Pine Rest Outpatient Services Central Access Line.....	616.258.7500
Psychiatric Associates of West Michigan	616.719.4488
Psychology Associates of Grand Rapids	616.957.9112
Reliance Community Care Partners	616.956.9440
Wedgewood Christian Services.....	616.942.2110
YWCA of Grand Rapids Helpline	616.454.9922 or 616.459.4652
Find a therapist: Psychology Today.....	www.psychologytoday.com

10. MENTAL HEALTH/SUBSTANCE USE OUTPATIENT SERVICES. OTTAWA COUNTY

Beacon of Hope	616.594.5380
Catholic Charities of West Michigan	616.796.9595
Northern Michigan Substance Abuse Services (Recovery Center).....	989.732.1791
O.A.R. Inc. (Ottagan Addictions Recovery):	
Grand Haven.....	616.842.6710
Holland	616.396.5284
Pathways Grand Haven	616.846.5880
Pine Rest:	
North Shore Clinic Spring Lake	616.847.5145
Holland Clinic	616.820.3780
Zeeland Clinic	616.741.3790
RESILIENCE: Advocates for Ending Abuse	616.392.2829
Ten16 Recovery Network231.527.2000
Tri-Cities Ministries Counseling	616.842.9160
West Shore Counseling Center	616.355.3000

11. ABUSE SERVICES

Abuse and Neglect State of Michigan Reporting Hotline855.444.3911
Child Help Hotline (Call/Text)	800.422.4453
Children's Advocacy Center Kent County	616.336.5160

12. HOUSING/SHELTER. KENT COUNTY

Guiding Light Mission	616.451.0236
Mel Trotter Ministries	616.454.8249
Salvation Army of Kent County.....	616.454.5840

13. HOUSING/SHELTER. OTTAWA COUNTY

RESILIENCE: Advocates for Ending Violence.....	616.392.2829
Holland Rescue Mission	616.396.2200
Good Samaritan Ministries	616.392.7159
Ottawa Lakeshore Housing Alliance.....	616.396.7811

14. DOMESTIC VIOLENCE ASSISTANCE (HOUSING ASSISTANCE)

Domestic Violence Hotline	800.799.SAFE (7233) or text 88788
YWCA 24-hour Helpline	616.452.9922
Safe Haven Ministries	616.452.6664
Personal Protection Order Office Kent County.....	615.632.5067

15. SEXUAL ASSAULT SERVICES

National Sexual Assault Hotline	800.656.HOPE (4673)
Michigan Sexual Assault Hotline.....	855.864.2374
YWCA Sexual Assault Hotline	616.452.9922
Children's Advocacy Center.....	616.336.5160

16. HOMELESS YOUTH SERVICES

The Bridge-Arbor Circle Teen Shelter.....	616.451.3001
Covenant House Michigan.....	616.608.1380
HQ Runaway and Homeless Youth Drop In Center	616.406.3945

17. SUPPORT GROUPS

National Alliance on Mental Illness Support Groups www.nami.org/Support-Education/Support-Groups/NAMI-Family-Support-Group	
West Michigan Survivors of Suicide Loss	www.wmsosl.com
Survivors of Suicide Support Groups.....	afsp.org/find-a-support.group
Asperger/Autism Neurodiverse Group (AANE).....	www.aane.org

18. OTHER SERVICES

Kent County Victim Services Unit	616.632.6100
Mental Health Foundation of West Michigan.....	616.389.8601
United Way	211

