



## Family resources for student wellness

Updated 6-17-2024

### [Abuse and Neglect Hotline](#)

Report abuse or neglect of children or adults  
Call: 855-444-3911

### [Adolescent Addiction Recovery Center \(AARC\)](#)

Children's Hospital of Michigan Troy  
350 W Big Beaver Rd Suite B, Troy, MI 48084  
Call: 248-377-8717

### [Alliance of Coalitions for Healthy Communities](#)

Substance misuse prevention, mental health, harm reduction and support programs  
Call: 248-221-7101 or email: [info@achcmi.org](mailto:info@achcmi.org)

### [Be SMART](#)

Secure gun storage and gun safety

### [CARE House of Oakland County](#)

Support for victims of child abuse  
Call: 248-332-7173

### [Common Ground](#)

Free and confidential counseling, info and referrals  
Suicide and crisis lifeline  
Call, text or chat: 988  
Resource hub, call: 800-231-1127

### [Disaster Distress Helpline and Crisis Counseling](#)

Year-round disaster crisis counseling, multilingual crisis support  
Call: 800-985-5990 Text: TalkWithUs to 66746

### [Jamie Daniels Foundation](#)

Support for those battling substance use disorder

### [Michigan Domestic Violence Hotline](#)

Free, confidential counseling and services  
Call: 866-VOICEDV (866-864-2338)  
Text: 877-861-0222

### [National Domestic Violence Hotline](#)

24/7 access to resources and support  
Call: 800-799-7233 Text: START to 88788

### [OK2SAY](#)

Anonymously share and respond to student safety threats  
Call: 855-565-2729 Text: 652729  
Email: [ok2say@mi.gov](mailto:ok2say@mi.gov)

### [Oakland Community Health Network Resources Youth and Family Care Connection](#)

Behavioral health service programs for mental health needs of youth age 17 and younger  
1200 N. Telegraph Rd., Bldg. 32E, Pontiac  
For immediate help, call or text: 988  
Emergency hotline, call: 877-800-1650  
For non-emergency services, call: 248-464-6363

### [Youth Mobile Crisis Team](#)

Oakland Community Health Network, New Oakland Family Centers  
Mobile team travels to homes, foster homes, schools, emergency rooms and other public places in Oakland County. Available 2-10 p.m. 7 days/week.  
Call: 877-800-1650

### [RISE \(Recovery, Information, Support, and Education\)](#)

Oakland Community Health Network  
Free case management, recovery support, peer services, mental health support, employment help, Medicaid/insurance assistance, housing information  
Call: 248-464-6055 Email: [rise@oklandchn.org](mailto:rise@oklandchn.org)

### [Mental Health School Navigators](#)

Oakland Community Health Network provides mental health and substance use outreach for Oakland County schools  
Call: 248-462-6294  
Email: [SchoolNavigator@oaklandchn.org](mailto:SchoolNavigator@oaklandchn.org)

### [Rochester Area Youth Assistance \(RAYA\)](#)

Free counseling, financial assistance, family education and resources  
Call: 248-656-3558 Email: [raya@rochester.k12.mi.us](mailto:raya@rochester.k12.mi.us)

### [Suicide and Crisis Lifeline](#)

24/7 free and confidential crisis support  
Call or text: 988 Chat: [988lifeline.org](https://988lifeline.org)



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### Parent resources to enhance conversations

- [How to talk to children about difficult news](#), American Psychological Association
- [Managing your distress in the aftermath of a shooting](#), American Psychological Association
- [Talking to children about violence](#), National Association of School Psychologists
- [Talking to children about school shootings](#), The National Child Traumatic Stress Network
- [School safety and security, mitigating negative effects of lockdowns](#), National Association of School Psychologists
- [Teens and suicide: What parents should know](#), American Foundation for Suicide Prevention

### Fact sheets from SAMHSA, Substance Abuse and Mental Health Services Administration

- [Talking to kids about alcohol and other drugs: 5 conversation goals](#)
- [Why you should talk with your child about alcohol and other drugs](#)
- [Why small conversations make a big impression](#)
- [Answering your child's tough questions](#)
- [Impaired driving: talk with your kids](#)
- [Why your child might start drinking alcohol](#)
- [How to tell if your child is drinking alcohol](#)
- [What you can do to prevent your child from drinking alcohol](#)
- [The consequences of underage drinking](#)

### Downloadable brochures and resources from SAMHSA, Substance Abuse and Mental Health Services Administration

- [Talking with teens about alcohol and other drugs: 5 conversation goals](#) includes information about marijuana, opioids and vaping
- [Family agreement form: avoiding alcohol](#)

### Resources related to THC and Marijuana

- [The effects of cannabis \(marijuana\) on the brain and body](#), Dr. Andrew Huberman, Huberman Lab podcast
- [Marijuana and the teen brain](#), Harvard Medical School
- [Marijuana and the developing brain](#), American Psychological Association
- [Cannabis awareness & prevention toolkit](#), Stanford Medicine
- [Effects of cannabis on the teenage brain](#), Cannabis Information and Support
- [Drug and alcohol testing](#), Oakland County Sheriff's Office



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### Sleep health

- [Master your sleep and be more alert when awake](#), Dr. Andrew Huberman, Huberman Lab podcast

### Grief

- [Helping children cope with grief and loss](#), National Association of School Psychologists

### Bullying

- [Bullying prevention toolkit for caregivers](#), Project Aware

**These resources are available on the Rochester Community Schools website at:**  
[https://www.rochester.k12.mi.us/academics/social-emotional-wellness/crisis-resources.](https://www.rochester.k12.mi.us/academics/social-emotional-wellness/crisis-resources)

Or visit: rochester.k12.mi.us; academics; social emotional wellness; crisis resources.