



TRENTON PUBLIC SCHOOLS

DISTRICT HEALTH OFFICE

Mental Health Resources for Trenton Public School Students and Families

If you or someone you know is experiencing suicidal thoughts, a mental health crisis, or a suspected overdose, visiting the nearest emergency room is the quickest way to receive immediate medical and psychological help. Emergency departments are fully equipped with professionals trained to manage medical complications, stabilize life-threatening situations, and provide urgent psychiatric care. If you cannot safely get to a hospital, **call 911 immediately** for emergency medical services

Trenton Police Dept Non-Emergency Number: 734-676-3737

Corewell Hospital Trenton Emergency: 734-671-3883

Henry Ford Health Wyandotte Emergency: 734-246-7095

Suicide and Crisis Intervention
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988 Suicide and Crisis Lifeline

- Call or text 999
- Available 24/7
- Trained counselors are available to provide free, confidential emotional support for people in distress
- <https://www.michigan.gov/mdhhs/keep-mi-healthy/mentalhealth/crisis-and-access-line>

Crisis Text Line

- Text HOME or HOLA to 741741
- Available 24/7
- Live crisis counselor via text
- <https://www.crisistextline.org/>

Non-Crisis MiCAL Warmline

- 1-888-733-7753 (1-888-PEER-753)
- Open 7 days a week from 10:00 AM to 2:00 AM EST

- Michigan residents living with persistent mental health or substance use conditions, or anyone experiencing early emotional distress who needs someone with lived experience to listen
- <https://mcal.my.site.com/mical/s/michigan-warmline>

Substance Abuse and Mental Health Services Administration National Helpline

- 1-800-487-4889
- Available 24/7/365
- Confidential, free information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.
- <https://www.samhsa.gov/find-help/helplines/national-helpline>

Trenton Public Schools Counseling Offices

- Available during school hours, Monday through Friday.
- A counselor is available in each school, students in middle school and high school are each assigned to their own counselor.
- Elementary school counselors are educators uniquely trained in child development, learning strategies, self management and social skills, who understand and promote success for today's diverse students.
- Middle school counselors are educators uniquely trained in child and adolescent development, learning strategies, self- management and social skills
- High school counselors play an essential role in guiding their students' college and career decisions, and ensuring their social and emotional well-being.
- <https://www.trentonschools.com/departments/counseling>

Care Solace

- 888-515-0595
- Available 24/7/365 and can support you in any language.
- Care Solace is a complimentary and confidential mental health service provided to students, staff, and their families by Trenton Public Schools.
- <https://www.caresolace.com/site/tps>

Okay2Say

- Call 8-555-OK2SAY (855-565-2729), Text 652729 (OK2SAY)
- OK2SAY is the student safety program which allows students to confidentially report tips on potential harm or criminal activities directed at students, school employees, and schools.

- A variety of local, state, and national resources and services are available to support individuals, teens, and children facing a wide range of challenges on their website.
- <https://www.michigan.gov/ok2say/student-resources>

Psychology Today

- The website link below has licensed psychologists and clinicians that are specialized in a large variety of mental health conditions and in the Wayne County area. Not a free resource, will require payment out of pocket or through insurance.
- <https://www.psychologytoday.com/us/therapists/mi/trenton?category=anxiety&filters=10,1000,1805>

Substance Abuse

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My Life My Quit

- Text 36072 , Call 1-855-891-9989
- My Life, My Quit™ is the free and confidential way to quit smoking or vaping
- <https://mylifemyquit.org/en-us/>

Psychology Today

- The website link below has licensed psychologists and clinicians that are specialized in substance abuse/alcohol abuse and in the Wayne County area. Not a free resource, will require payment out of pocket or through insurance.

- <https://www.psychologytoday.com/us/therapists/mi/trenton?category=addiction&filters=529,1403,1420>

Grief and Loss Support

Michigan 211

- Call or text 211
- Available 24/7
- Mental health support for grief and bereavement, financial assistance, resources, support groups
- <https://mi211.org/grief>

Henry Ford Sand Castles Grief Support

- Call (313) 771-7005
- Grief Support Program provides a safe and comforting environment for children and teens, ages 3 to 18 and their families who have experienced a death.
- https://www.henryford.com/services/at-home/hospice/sandcastles?utm_source=redirect&utm_medium=url&utm_campaign=vanity&utm_content=/sandcastles#

New Hope Center for Grief Support

- Call 248-348-0115
- Free grief support through programs, camps, and counseling. Located in Northville.
- <https://newhopecenter.net/children-and-teens/>

Angela Hospice Grief Care

- Call 734-464-7810
- Free bereavement support groups and counseling for Wayne County residents.
- <https://angelahospice.org/grief-support-events/>

Psychology Today

- The website link below has licensed psychologists and clinicians that are specialized in grief and in the Wayne County area. Not a free resource, will require payment out of pocket or through insurance.
- <https://www.psychologytoday.com/us/groups/mi/wayne-county?category=grief>

Clothing, Food, and Transportation

Michigan 211

- Call or text 211
- Available 24/7
- Clothing, household items, food, and transportation support and resources
- <https://mi211.org/clothing-and-household-goods>
- <https://mi211.org/transportation>
- <https://mi211.org/food-assistance>

Waynewright Community Meals - Wyandotte Soup Kitchen

- Call (734) 825-8568
- 98 Superior Blvd, Wyandotte, MI 48192
- Serves a warm meal and a bagged lunch Wednesdays & Saturdays, 12:00-1:00pm.

Bethel Baptist - Trenton Food Pantry

- Call (734) 284-6300
- 13330 Trenton, Southgate, MI 48195
- Wednesday 12:00 PM - 2:45 PM, Saturday 9:00 AM - 11:45 AM

St Philip Lutheran Church Food Pantry

- Call (734) 676-7141
- 1790 Fort Street, Trenton, MI 48183
- Wednesdays from 11:00 AM to 2:00 PM

Southpointe Church Food Pantry

- Call (734) 675-7575
- 5699 Fort Street, Trenton, MI 48183
- Wednesday from 5:30pm to 7:30pm

Westfields Little Pantry

- Call (734) 675-7300
- 2700 Westfield, Trenton, MI 48183
- Monday through Friday, 11:00am to 4:00pm

Gleaners Community Food Bank of Southeastern Michigan

- Call 866-GLEANER (453-2637)
- 21405 Trolley Industrial Drive, Taylor, MI 48180
- Multiple different opportunities on varying days

- <https://pantrynet.org/> and <https://pantrynet.org/mobile-distribution-events/>

The Shepherds Closet

- 2650 Grange, Trenton, MI 48183
- Tuesdays 5:00pm to 7:00pm, Wednesdays 1:00pm to 3:00pm, Thursdays 1:00pm to 3:00pm - No need for an appt.