

Need Immediate Help in a Crisis?

[National Suicide Prevention Lifeline](#) – Call 988

A national network of local crisis centers providing free and confidential emotional support to people in suicidal crisis or emotional distress, providing service 24/7.

[Common Ground](#)

24-hour resource/crisis helpline, confidential counseling and short-term psychiatric care

800-231-1127 - Resource and Crisis Helpline

248-456-8150 - Administrative Offices

[Behavioral Health Urgent Care](#)

BHUC makes it quick (same-day appointments are available!) and easy to get urgent behavioral health counseling in Michigan when you're experiencing things like depression, anxiety, panic attacks, or suicidal thoughts, but can't wait the days or weeks it often takes to be seen by a therapist or psychiatrist. Urgent behavioral healthcare is also helpful if you ran out of medication too early, are experiencing medication side effects, or have other psychiatric needs.

[Crisis Text Line](#) – Text NAMI or MHFA (Mental Health First Aid) or HOME to 741-741

Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

[Veterans Crisis Line](#) – 1-800-273-8255 (or text to 838255)

Responders from the Department of Veterans Affairs offer a confidential toll-free hotline, online chat, and text message system. Support for deaf and hard of hearing individuals is available.

[National Domestic Violence Hotline](#) – Call 800-799-SAFE (7233)

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.

[National Sexual Assault Hotline](#) – Call 800-656-HOPE (4673)

Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Crisis chat support is available at [Online Hotline](#). Free help, 24/7.

[HAVEN](#)

24-hour crisis/support line, counseling and support groups

248-334-1274

[The Trevor Project](#) – 1-866-488-7386

A national organization providing crisis intervention and suicide prevention services to LGBTQIA+ youth, including a lifeline, text services, and suicide prevention workshops, providing service 24/7.

[Lifeline for Suicide Attempt Survivors](#) – 1-800-273-TALK (8255)

A subdivision of the National Suicide Prevention Lifeline dedicated to providing support for those who have survived a suicide attempt, whether recent or long in the past.

Mental Health, Substance Use Disorder, and Counseling Contacts:

[Catholic Charities of Southeast Michigan](#)

Family, marital and substance use disorder counseling
248-548-4044

[Oakland Community Health Network](#)

Mental health services for adults and children with serious mental illness, emotional disturbances and developmental disabilities
248-464-6363- Services
800-231-1127- Immediate help

[Make the Connection](#)

Online resource to connect Veterans, their family members and friends, and other supporters with information, resources, and solutions

[Neighborhood House](#)

Short-term mental health counseling for clients (individuals, couples and families)
248-651-5836

[SEHS Training Counseling Center](#) – 248-370-3092

Located on Oakland University's campus in Pawley hall room 250A... free counseling sessions for anyone in Michigan (does not provide crisis services).

[Easterseals Michigan](#)

Mental health services for adults, children, veterans, trauma victims; medical rehab; autism services
800-395-9819

[CNS Healthcare](#)

Mental health and substance use disorders services for children (7-17) and adults
800-615-0411

[Oakland Family Services](#)

Counseling services for all ages dealing with depression, anxiety, substance use issues, and severe emotional disturbance in youth. Oakland Family Services has three locations across Oakland County, one in Pontiac, one in Berkley and one in Walled Lake.

248-544-4004 - Berkley

248-858-7766 - Pontiac

248-624-3812 - Walled Lake

[Jewish Family Services](#)

Mental health services, suicide prevention education, counseling, support groups, addiction resources; all religions welcome.
248-592-2313

[SAMHSA's National Helpline](#) – 1-800-622-HELP (4357)

(Substance Abuse and Mental Health Services Administration) is a treatment locator service for confidential treatment referral and information on mental health, substance abuse and recovery, providing service 24/7.

[Grace Centers of Hope](#)

Substance abuse recovery and life skills programs

1.855.HELP.GCH (1-855-435-7424)

[Alcoholics Anonymous \(AA\)](#)

International support group for those struggling with a drinking problem, featuring a twelve-step program and meetings with a local AA group.

[Narcotics Anonymous \(NA\)](#)

Global, community-based organization that creates a local support network for addicts seeking sobriety, regardless of the drug.

[Al-Anon Family Groups](#)

For those who are worried about a friend or family member who has a drinking problem... Al-Anon is a mutual support group of peers who have the opportunity to learn from the experiences of others who faced similar problems.

[Alateen](#)

A peer support group for teens who are struggling with the effects of someone else's problem drinking.

[Care House](#)

CARE House of Oakland County is a children's advocacy center, providing first rate services to victims of child abuse and neglect. It is a 501(c)(3) non-profit agency based in Pontiac, Michigan, serving the residents of Oakland County. They offer an array of programs focused on the identification and treatment of child abuse victims, and on child abuse prevention through advocacy, education, intervention, research, training, and treatment, in collaboration with the community.

[Hope 365](#)

A peer-staffed and trauma-informed alternative to more restrictive care, HOPE 365 offers guests short-term respite care and peer support in a friendly, safe, and home-like environment. Hope365 helps guests manage their mental health concerns; and provides innovative and unique 'crisis aversion' services to adults 18+ residing in Oakland County who are self-aware of their mental health and are voluntarily seeking support service to help them with their recovery efforts. Guests may stay overnight for up to five days while they create a plan for moving forward.

A little more about these resources...



www.cnshealthcare.org

We are a private non-profit human services agency that provides comprehensive behavioral health services. CNS Healthcare is a certified community behavioral health clinic (CCBHC) and offers a wide spectrum of community-based support services, psychiatry, medication management, psychotherapy, nursing services, and case management.



If you or someone you know needs help,
contact NAMI HelpLine

Mon. – Fri. from 10 a.m. – 10 p.m. ET

1-800-950-NAMI (6264)

or

info@nami.org

www.nami.org/Home

The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance.

- They understand, many from their own experiences, listen and offer support.
- They are informed on NAMI Programs, NAMI Support Groups and how to locate your local NAMI Affiliate.
- They are trained to help identify the best resource options for your individual concern.
- They are knowledgeable and a source of accurate information about relevant topics.
- They care.

The NAMI HelpLine is unable to provide mental health counseling, advice, personal advocacy or referrals to mental health providers or lawyers. The NAMI HelpLine does not provide individual casework, legal representations or any type of individual advocacy.



O A K L A N D

Family Services

Oakland Family Services offers the best of modern, research-based care to help people get back on a path to a brighter future. Our counseling services provide people with the skills to overcome mental health challenges, such as depression, anxiety and addiction. For teens with serious emotional disturbances, we teach skills that help manage emotions so they can achieve their goals at home, at school and with friends. Therapeutic treatment is offered to children and adults as individuals and in family groups to overcome their problems. The goal is to plan and carry out treatment that increases the ability to function and improves relationships at home, work, and school and in other activities of daily life.

www.oaklandfamilyservices.org/overview



Developmental Disabilities • Mental Health • Substance Recovery

www.oaklandchn.org

OCHN Service Information

- [Autism](#)
- [Developmental Disabilities](#)
- [Mental Health](#)
- [Serious Emotional Disturbance](#)
- [Substance Use Disorders](#)

Specialty Mental Health Services

- [Access, Eligibility, and Screening](#)
- [Complex Case Management](#)
- [Employment Supports](#)
- [Housing Support](#)
- [Integrated Healthcare](#)
- [Justice Initiatives](#)
- [Veterans Referral](#)



HAVENWYCK HOSPITAL

www.havenwyckhospital.com/programs/

Havenwyck Hospital offers a full continuum of care through a series of personalized programs and services that address the psychiatric needs of individuals ages 3 through adulthood. To aid patients in better focusing on their journey toward health and well-being, our facility has been divided into six distinct units.

We provide treatment through the following specialized programs:

- Adult Inpatient
- Child & Adolescent Inpatient
- Residential Impulse Disorder Program
- Partial Day Hospital Program for Children, adolescent and adults
- Co-occurring substance abuse treatment for adolescents and adults

If you or a loved one are struggling with psychiatric, emotional and/or behavioral issues, please call us at **800-401-2727** for a no-cost, confidential assessment. We cannot offer diagnosis, counseling or recommendations online, but professionals are available to speak with you 24 hours a day, seven days a week.



CATHOLIC CHARITIES

SOUTHEAST MICHIGAN

ccsem.org/behavioral-health-counseling/

Help for a Variety of Behavioral Needs

Services are available regardless of race, religion, age, gender, disability, national origin, or income. Providing help and giving hope with family life cycle concerns like:

- Anxiety, depression, and obsessive-compulsive disorder
- Anger management
- Substance abuse and addiction behaviors
- Adoption
- Pregnancy
- Marital challenges, pre-marriage counseling
- Relationship conflicts (school, family, work)
- Court-ordered counseling
- Attention Deficit Disorders (ADHD)
- Problems resulting from unemployment
- Aging issues
- Life changes
- Stress management
- Grief and loss
- Illness or chronic illness adjustments
- Adolescent/childhood problems
- Loneliness or inability to socially interact
- School-related problems
- Domestic violence, abuse or neglect of children
- Work/industry issues

Advanced and Effective Treatment Services

Our outpatient treatment services are offered in a comfortable, relaxing environment where counseling is customized to your specific need. We serve individuals from the age of 3 to seniors and their families. Our broad range of services includes:

- Assessment sessions
 - Children and Adolescent Specialty Service
 - Independent Living
 - Attention Deficit Hyperactivity Disorder (ADHD) Counseling and Support Groups
 - Employee Assistance Program
 - Child Mental Health Services
 - Adjunctive Psychiatric Services
 - Parent Education
 - Family Counseling and Step or Blended Family Counseling
 - Group Counseling
 - Educational Services on Specific Subject Matters (please call for more information)
 - Marital Therapy
 - Substance Abuse Counseling
 - Counseling
 - Depression, Anxiety, Stress
 - Marriage, Family
 - Adjustment Disorders
 - Post Traumatic Stress Disorder (PTSD)
 - Substance Use Disorders
 - Co-Occurring Disorders
 - Anger Management
 - Behavior Issues
 - Grief and Loss Counseling
 - Traumatic Events
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commongroundhelps.org/programs/

List of Programs

24/7 Resource and Crisis Helpline/Text/Chat

Call [1.800.231.1127](tel:1-800-231-1127) to speak with our professionally trained Helpline volunteers. Common Ground can empower you with crisis related information and referrals to local services. For general inquiries, please call [1-248-451-2600](tel:1-248-451-2600).

The Empower Initiative

This program provides educational activities through a variety of expressive modalities, focused on mental health awareness, and addressing common dynamics facing children and families.

Growth & Healing Support Group

This free 10-week empowerment group is for girls who have experienced sexual abuse, date rape, or incest. This group usually meets on Mondays. To register or learn more, call [1.248.451.2623](tel:1-248-451-2623).

Survivors of Homicide Victims Support Group

This free 10-week program uses structured topics and guest speakers to provide support for those facing the loss of a loved one due to homicide. This group usually meets 7 to 9 pm on Wednesdays at our Administration Building in Bloomfield Hills, Michigan. This is a closed group after the second session, so prior registration helps ensure cohesiveness. To register or learn more, call [1.248.451.2622](tel:1-248-451-2622).

Domestic Violence Support Group

This is a free 10-week open support group for women ages 18 and older, with similar experiences related to domestic violence to connect, gain support, and become empowered in a safe environment. This group usually meets on Thursdays. To register or learn more, call [248.451.2621](tel:248-451-2621).

Survivors of Suicide Loss Support Groups

We provide outreach, support, and information for those who have lost a loved one to suicide in your choice of two ways. First, we offer open support group sessions to offer you comfort, strength, and hope in the company of fellow survivors and trained peer facilitators. Open group usually meets 7 to 9 pm on the first and third Mondays of the month. Lastly, we offer individual support sessions which are available by appointment. They provide space for a person or a family to share their loss, learn about surviving the suicide loss of a loved one, and discover more about local and national resources. To register, schedule an appointment, or learn more, call [1.248.451.2613](tel:1-248-451-2613).

Victim Assistance Program

Common Ground provides 24-hour access to advocates for victims of ANY violent crime; domestic and sexual abuse, robbery, stalking, human trafficking, etc. We offer on-site advocacy, crisis intervention, personal protection order assistance, and accompaniment of victims to hospitals, police stations, and court rooms. To learn more, call [1-248-451-2600](tel:1-248-451-2600).

Legal Clinic

Twice weekly, our unique team of volunteer attorneys and crisis counselors offers personalized legal advice combined with emotional support, free of cost. Please note that this program is currently paused due to COVID-19, we will resume in the future once it is safe.

Becoming a Love & Logic Parent®

Join other parents for a 6-week parenting workshop that combines education, parent support, group discussions, and workbook activities. Call [1.248.456.8150](tel:1.248.456.8150) to register and pay \$25 pp fee.

Mobile Crisis Intervention & Recovery Teams

Our mobile teams provide recovery oriented crisis intervention to people throughout Oakland and Genesee Counties. Service is available regardless of income, insurance, or permanent residence. To learn more, please call the Resource and Crisis Center at [1-248-451-2600](tel:1-248-451-2600).

Walk-In Assessment & Crisis Intervention

At the Resource & Crisis Center in Pontiac, Michigan, Common Ground provides trauma-informed, recovery focused, face-to-face assessment, crisis intervention and stabilization services to individuals, including children, 24 hours a day, seven days a week. We focus on problem-solving and assertive crisis resolution strategies tailored to each person's specific needs. Visit us today. For General information, please call [1-248-451-2600](tel:1-248-451-2600).

Crisis Residential Unit

We offer a short-term (1 to 14 day) voluntary alternative to inpatient psychiatric hospitalization for adults ready to actively participate in a trauma-informed, recovery focused treatment environment. Services include psychiatric medication review, group therapy, skills groups, recovery coaching, art therapy, and coordinated discharge planning. Note – Admission to the Crisis Residential Unit requires prior authorization through our Oakland Assessment Crisis Intervention Services (OACIS). To learn more, please call the Resource and Crisis center at [1-248-451-2600](tel:1-248-451-2600).

Sober Support Unit

The Sober Support Unit is a 23-hour program designed to monitor individuals who need detoxification services and have no health risks associated with the withdrawal process. The Sobering Center will emphasize peer and social support programming while continuously monitoring medical condition. The goal of the program is de-escalation of the individual with peer support and appropriate follow up referrals. This is a voluntary program staffed by paramedics, peer support specialists, and nurses.

The Sanctuary

Common Ground operates a free and safe 24-hour shelter for at-risk youth, aged 10-17. The Sanctuary offers a 3-week residential program, out-patient counseling, and provides trauma-informed care to youth and families in crisis. The goal of this program is family reunification. To learn more, call [1.248.547.2260](tel:1.248.547.2260).

A Step Forward

We operate a safe and home-like transitional living shelter where homeless youth (ages 16-17) may stay for up to two years while they attend school and maintain employment. Designed for youth seeking self-sufficiency, this program also offers counseling, job training, career development, educational assistance, financial subsidies, and medical assistance. To learn more, call [1.248.547.2260](tel:1.248.547.2260).

Graduated Apartment Program

The Graduated Apartment Program (GAP) provides independent living services for youth ages 18-24 years old who are experiencing homelessness. GAP offers up to 24 months of housing, case management, counseling, and educational and employment support to help people develop a greater level of self-sufficiency, interpersonal skills and housing readiness. To learn more, call [1.248.547.2260](tel:1.248.547.2260).

The Mentoring Program

This youth-centered program exists to provide up to 12 months of community based mentoring for youth survivors of commercial sexual exploitation, or youth identified as at-risk for being commercially sexually exploited. The mentoring relationship gives youth the opportunity to identify and work towards personal goals and establish healthy relationships. For more information, call 248-547-2260 or email Mentoring@CGHelps.org.