

National and State Resources

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

National Suicide Prevention Lifeline Crisis Chat:

<http://www.suicidepreventionlifeline.org/gethelp/lifelinechat.aspx>

American Foundation for Suicide Prevention – Risk Factors and Warning Signs:

<https://afsp.org/about-suicide/risk-factors-and-warning-signs/>

American Foundation for Suicide Prevention – About Suicide:

<https://afsp.org/about-suicide/>

Suicide Prevention Resource Center:

<http://www.sprc.org>

Veterans Crisis Line: 1-800-273-8255, Press 1 (website also has chat options)

<https://www.veteranscrisisline.net/>

Crisis Text Line: Text “GO” to 741741

<http://www.crisistextline.org/textline/>

Active Minds: Changing the conversation about mental health

<http://www.activeminds.org>

Michigan Association for Suicide Prevention

<http://masponweb.org/>

National Alliance on Mental Illness Michigan

<http://namimi.org/>

Michigan Mental Health Networker

<http://www.mhweb.org>

Regional and Local Resources

Managing Farm Stress (MSU Extension website)

http://msue.anr.msu.edu/program/info/managing_farm_stress

Community Mental Health Authority of Clinton, Eaton, and Ingham Counties

<http://www.ceicmh.org>

517-346-8200

Northern Lakes Community Mental Health – Crawford, Grand Traverse, Leelanau, Missaukee, Roscommon, and Wexford Counties

<http://www.northernlakescmh.org>

231-922-4850

Community Mental Health for Central Michigan – Clare, Gladwin, Isabella, Mecosta, Midland, and Osceola Counties

<http://www.cmhcm.org/>

Crisis hotline: 800-317-0708

989-772-5938

West Michigan Community Mental Health – Mason, Lake, and Oceana Counties

<http://www.wmcmhs.org/About/AboutWCMCHS>

Mental health emergencies: 800-992-2061

Mason County: 31-845-6294

Lake County: 231-745-4659

Oceana County: 231-873-2108

Ottawa County Community Mental Health
<https://www.miottawa.org/Health/CMH>
Crisis Helpline: 866-512-4357
616-392-1873

Pathways Community Mental Health – Alger,
Delta, Luce, and Marquette Counties
<http://www.pathwaysup.org>
Crisis Hotline: 888-728-4929
Alger County: 906-387-3611
Delta County: 906-786-6441
Luce County: 906-293-3284
Marquette County: 906-225-1181

North Country Community Mental Health –
Antrim, Charlevoix, Cheboygan, Emmet,
Kalkaska, and Otsego Counties
<http://www.norcoemh.org>
24-hour Crisis Line: 800-442-7315
Antrim County: 231-533-8619
Charlevoix County: 231-547-5885
Cheboygan County: 231-627-5627
Emmet County: 231-347-6701
Kalkaska County: 231-258-5133
Otsego County: 989-732-7558 or 989-732-6292

Ionia County Community Mental Health / The
Right Door
<http://www.rightdoor.org>
24-hour toll-free crisis line: 888-527-1790
Ionia: 616-527-1790
Belding: 616-794-6592
Portland: 517-647-2128

Bay Arenac Behavioral Health
<http://www.babha.org>
Helpline: 800-327-4693
800-448-5498

AuSable Valley Community Mental Health
Authority
<http://avcmh.org>
Emergency line: 800-442-7315
Tawas City: 989-362-8636
West Branch: 989-345-5571
Oscoda: 989-739-1469
Mio: 989-826-3208

Northeast Michigan Community Mental Health
Authority – Presque Isle, Montmorency, Alpena,
and Alcona Counties
<http://www.nemcmh.org>
Emergency lines: 989-356-2161; 800-968-1964;
800-442-7315 (afterhours)
989-356-2161

Sanilac County Community Mental Health
<http://www.sanilaccmh.org>
24-hour Crisis Line: 888-225-4447
810-648-0330

Tuscola Behavioral Health Systems
<http://www.tbhsonline.com>
989-673-6191 or 800-462-6814

Van Buren Community Mental Health
<http://www.vbcmh.com>
24-hour Crisis Line: 800-922-1418
269-657-5574 or 269-637-5297

Lifeways Community Mental Health – Jackson
and Hillsdale Counties
<http://www.lifewayscmh.org>
24-hour Crisis Line: 800-284-8288
Jackson: 517-789-1200
Hillsdale: 517-439-2641

Pines Behavioral Health – Branch County
<http://www.pinesbhs.org>
517-279-8404

Community Mental Health and Substance Use
of St. Joseph County
<http://www.stjoecmh.org>
Emergency line: 269-467-1000 or 800-622-3967
269-467-1000

Summit Point Community Mental Health –
Calhoun County
<http://www.summitpointe.org/>
269-966-1460