

MIMIND TOOLS

Crisis & Suicide Prevention Hotlines



988 Suicide & Crisis Life Line
Call 988
www.988lifeline.org

988 provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is a national network local crisis centers, combining custom local care and resources with national standards and best practices.



24 Hour Crisis Text Line
Text HOME to 741741 to reach a volunteer crisis counselor
<https://www.crisistextline.org>

Text 741741 when in crisis. Anywhere, anytime. A live, trained crisis counselor receives the text and responds quickly. The crisis counselor helps you move from a hot moment to a cool, calm, moment to stay safe and healthy using effective active listening and suggested referrals.



Trans Life Line
(877) 565-8860
<https://www.translifeline.org>

Free hotline for transgender people experiencing a crisis. This includes people who may be struggling with their gender identity and are not sure if they are transgender. If you are not sure if you should call or not, then please call us.



Veterans Crisis Line
Call 988, Press 1 or text 838255
<https://www.veteranscrisisline.net/>

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 988 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available.

United Way

Call 211, or (800) 552-1183, to access emergency assistance in Wayne, Oakland, Macomb, Lapeer and Washtenaw counties. United Way can assist with referrals for food, housing, financial assistance, utility assistance and more. Help is available 24 hours a day, every day.

Michigan 24-Hour Crisis Lines By County

Allegan County CMH Services
(800)795-6617

AuSable Valley CMH Services
(844)865-5569

Barry County CMH Authority
(269)948-8041

Bay-Arenac Behavioral Health
(800)327-4693

Berrien Mental Health Authority
(800)336-0341

Branch County dba Pines Behavioral Health Services
(888)725-7534

Cass County CMH Authority dba Woodlands Behavioral Healthcare Network
(800)323-0335

CMH Authority of Clinton-Eaton-Ingham Counties
(800)372-8460

CMH for Central Michigan - Isabella, Clair, Gladwin, Mecosta, Midland, and Osceola County
(800)317-0708

Cooper County CMH Services
(800)562-7622

Detroit-Wayne County Integrated Health Network Access Center
(800)241-4949

Dickinson County dba Northpointe Behavioral Healthcare Systems
(800)750-0522

Genesee Health System
(877)346-3648

Gogebic CMH Authority
(800)348-0032

Gratiot Integrated Health Network
(800)622-5583

Hiawatha Behavioral Health
(800)839-9443

Huron Behavioral Health
(800)356-5568

Ionia County CMH dba The Right Door for Hope, Recovery and Wellness
(888)527-1790

Kent County - Network 180
(616)336-3909

Kalamazoo CMH & Substance Abuse Services dba Integrated Services of Kalamazoo
(888)373-6200

Jackson and Hillsdale County Lifeways
(800)284-8288

Lapeer County CMH Services
(888)225-4447

Lenawee CMH Authority
(517)263-8905

Livingston County CMH Authority
(517)546-4126

Macomb County Crisis Line
(586)307-9100

Manistee-Benzie CMH dba Centra Wellness Network
(877)398-2013

Monroe County CMH Authority
(734)243-7340

Michigan 24-Hour Crisis Lines By County Continued

Montcalm Center for Behavioral Health dba Montcalm Care Network
(989)831-7520

CMH Services of Muskegon County dba HealthWest
(231)722-4357

Newaygo County Mental Health Center
(800)968-7330

North Country CMH - Emmet, Shebogan, Charlevoix, Antrim, Otsego, and Kalkaska County
(877)470-4668

Northeast Michigan CMH Authority - Alpena, Alcona, Presque Isle, and Montmorency County
(989)356-2161

Northern Lakes CMH Authority - Greenland, Houghton Lake, Traverse City, and Cadillac County
(833)295-0616

Oakland Community Health Network
(800)231-1127

CMH of Ottawa County
(866)512-4357

Pathways - Marquette, Delta, Alger and Luce County
(888)728-4929

Mental Health Authority - St. Clair, Sanilac, Genesee, and Lapeer County
(888)225-4447

CMH & Substance Abuse Services of St. Joseph County
(800)622-3967

Saginaw County CMH Authority
(989)792-9732

Sanilac County CMH Authority
(888)225-4447

Shiawassee County CMH Authority dba Shiawassee Health & Wellness
(989)723-0710

Tuscola Behavioral Health Systems
(800)462-6814

VanBuren Community Mental Health Authority
(800)922-1418

Washtenaw County Community Mental Health
(734)996-4747

West Michigan CMH System - Mason Lake and Oceana County
(800)992-2061