



## Mental Health Resource Guide

### Local Resources and Programs

Organization	Contact Information	Physical Address and Hours of Operation	Website
<p style="text-align: center;"><b>Youth Suicide Prevention Toolkit for Parents</b></p> <p>Online guides and warning signs for parents concerned about a child or teenager suffering depression or suicidal thoughts. Provides multiple resources.</p>	<p>Online Resource</p>	<p>N/A</p>	<p><a href="https://www.oakgov.com/health/information/Pages/Youth-Suicide-Toolkit.aspx">https://www.oakgov.com/health/information/Pages/Youth-Suicide-Toolkit.aspx</a></p>
<p style="text-align: center;"><b>Genesee Health System Crisis and Access Services</b></p> <p>Professional staff are available 24/7 to help with mental health, substance abuse, or family crises.</p> <p><u>If a person says they are considering suicide:</u></p> <ul style="list-style-type: none"> <li>• Take the person seriously</li> <li>• Stay with them and help them remove lethal means</li> <li>• Call the GHS 24-hour Crisis and Virtual Behavioral Health Urgent Care Line: (810) 257-3740</li> <li>• Call the National Suicide Prevention Lifeline: 988</li> <li>• Text FLINT to 741-741 to connect with a crisis counselor</li> </ul> <p>Escort them to mental health services or an emergency room</p>	<p>24/7 Crisis Phone Lines: (810) 257- 3740</p> <p>(810) 232-6310 (TTY)</p> <p>Toll-Free (877) 346-3648</p> <p style="text-align: center;">Or</p> <p>Text FLINT to 741-741 to connect with a crisis counselor</p> <p>GHS Phone Number: (810) 257-3705</p>	<p style="text-align: center;">Crisis Lines: Available 24/7</p> <p style="text-align: center;">GHS Main Campus: 420 W. 5<sup>th</sup> Avenue Flint, MI 48503</p> <p style="text-align: center;">Hours:</p> <p style="text-align: center;">Monday – Friday: 8:00 AM – 5:00 PM EST Saturday – Sunday: Closed</p>	<p style="text-align: center;"><a href="https://www.genhs.org/Services/Crisis-and-Access-Services">https://www.genhs.org/Services/Crisis-and-Access-Services</a></p> <p style="text-align: center;"><a href="http://www.genhs.org/Services/Mental-Health-Services/ChildrensService-Home">http://www.genhs.org/Services/Mental-Health-Services/ChildrensService-Home</a></p>
<p style="text-align: center;"><b>Genesee Health System Neurodevelopmental Center of Excellence (GHS NCE)</b></p> <p>The NCE has highly trained doctoral-level licensed neuropsychologists who study how learning and behavior are related to brain development and neural networks through comprehensive neuropsychological assessments.</p>	<p>Contact or go to the physical address for more information.</p> <p style="text-align: center;">(810) 496-5677</p>	<p style="text-align: center;">GHS Main Campus: 420 W. 5<sup>th</sup> Avenue Flint, MI 48503</p> <p style="text-align: center;">Hours:</p> <p style="text-align: center;">Monday – Friday: 8:00 AM – 5:00 PM EST Saturday – Sunday: Closed</p>	<p><a href="https://www.genhs.org/NCE">https://www.genhs.org/NCE</a></p>

<p style="text-align: center;"><b>Easterseals Michigan</b></p> <p>Provides comprehensive services to assist people in crisis and provide appropriate treatment for various issues. Available regardless of ability to pay.</p>	<p>24/7 Crisis Phone Line (800) 231-1127</p> <p>Genesee County On-call Crisis Phone Line (810) 257-3740</p> <p>Phone Numbers:  (800) 757-3257 (810) 238-0475</p>	<p>Flint Office Address: 1420 West University Ave. Flint, MI 48504</p> <p>Crisis Lines: Available 24/7</p> <p>Hours:  Monday, Wednesday, and Thursday: 8:00 AM - 5:00 PM EST Tuesday: 8:00 AM - 7:00 PM EST Friday: 8:00 AM - 3:00 PM EST Saturday and Sunday: Closed</p>	<p><a href="https://www.easterseals.com/michigan/who-we-are/crisis-services.html">https://www.easterseals.com/michigan/who-we-are/crisis-services.html</a></p> <p><a href="https://www.easterseals.com/MORC/programs-and-services/childrens-services/">https://www.easterseals.com/MORC/programs-and-services/childrens-services/</a></p>
<p style="text-align: center;"><b>Behavioral Health Urgent Care Services (Genesee Health System)</b></p> <p>GHS offers walk-in and virtual urgent care sessions for those who need to talk and figure out what to do next. Walk-in services are available to walk in anytime during building hours. Virtual urgent care services are offered via video chat with a licensed mental health professional and are available just a few minutes after calling. We are ready to talk or have a video conversation with you. Call us 24 hours a day, 7 days a week, 365 days a year.</p>	<p>Contact or go to the nearest location  (810) 496-5500</p>	<p>Virtual: Available 24/7</p> <p>Walk In: 422 W 4<sup>th</sup> Avenue Flint, MI 48503</p> <p>Hours:  Sunday: Closed Monday: 8:00 AM - 11:45 PM EST Tuesday: 8:00 AM - 11:45 PM EST Wednesday: 8:00 AM - 11:45 PM EST Thursday: 8:00 AM - 11:45 PM EST Friday: 8:00 AM - 11:45 PM EST Saturday: Closed</p>	<p><a href="https://www.genhs.org/Services/Crisis-and-Access-Services">https://www.genhs.org/Services/Crisis-and-Access-Services</a></p>
<p style="text-align: center;"><b>Dialectical Behavioral Therapy (Training &amp; Treatment Innovations Inc)</b></p> <p>Helps persons diagnosed with both mental health disorders and personality disorders. The program provides individual and group therapy services. Psychiatric services and supports are available to persons receiving DBT services. In addition, after-hours coaching and crisis intervention services are also available.</p>	<p>For more information, call: (800) 741-1682</p> <p>Flint Office Number: (810) 232-6081</p>	<p>929 Stevens St. Flint, MI 48502</p> <p>Hours:  Monday - Friday: 8:00 AM to 5:00 PM EST Saturday – Sunday: Closed</p>	<p><a href="https://www.tiinc.org">https://www.tiinc.org</a></p>

<p align="center"><b>Domestic Violence and Sexual Assault Programs</b> <b>(YMCA Greater Flint)</b></p> <p>This program serves survivors of domestic violence and sexual assault. Provides support services such as crisis counseling, victim advocacy, safe-house shelter, 24/7 crisis hotline, and Sexual Assault Response Team (SART)</p>	<p>24/7 Crisis Line: (810) 238-7233</p> <p>Email: <a href="mailto:info@ywcaflint.org">info@ywcaflint.org</a></p>	<p>801 S Saginaw Street Flint, MI 48502</p> <p>Available 24/7</p>	<p><a href="https://www.ywcaflint.org/initiate-partner-violence.html">https://www.ywcaflint.org/initiate-partner-violence.html</a></p>
<p align="center"><b>Hurley Mental Health Associates</b></p> <p>One of the largest outpatient mental health clinics in Michigan that assists patients in understanding emotional and behavioral problems.</p>	<p>(810) 262-2100</p> <p>Email: <a href="mailto:mentalhealthinfo@hurleymc.com">mentalhealthinfo@hurleymc.com</a></p>	<p>Hurley West Campus Building 1085 South Linden Rd Suite 150 Flint, MI 48532</p> <p>Clinic Hours: Monday – Thursday: 8:00 AM to 9:00 PM EST Friday – Saturday: 8:00 AM to 2:00 PM EST Sunday: Closed</p>	<p><a href="https://www.hurleymc.com/locations/hurley-mental-health-associates/">https://www.hurleymc.com/locations/hurley-mental-health-associates/</a></p>
<p align="center"><b>Behavioral Health Services at Ascension Eastwood</b> <b>(Ascension – Michigan)</b></p> <p>Ascension Eastwood Behavioral Health delivers care for those with behavioral health conditions. Ascension makes getting the care you need accessible - with virtual (telehealth) and in-person visits at all outpatient locations. This program provides individual and family therapy, child, adolescent, and adult care, psychiatric evaluations, medication management, relationship counseling, and trauma and abuse counseling. Specialized services that focus on mental health and substance abuse disorders, including but not limited to early recovery groups for addiction, gender-specific groups, coping with depression/anxiety groups, healthcare professionals' recovery program (HPRP), dialectical behavioral therapy (DBT), intensive outpatient program for addictions (IOP), residential treatment and detoxification for adult men, bariatric pre-surgery evaluations, driver's license evaluations, and an employee assistance program (EAP)</p>	<p>(810) 603-8800</p>	<p>8435 Holly Road Grand Blanc, MI 48439</p> <p>Hours: Sunday: Closed Monday: 8:00 AM - 8:00 PM EST Tuesday: 8:00 AM - 8:00 PM EST Wednesday: 8:00 AM - 8:00 PM EST Thursday: 8:00 AM - 8:00 PM EST Friday: Closed Saturday: Closed</p>	<p><a href="https://healthcare.ascension.org/locations/michigan/mi-gra/grand-blanc-ascension-genesys-hillside-center-for-behavioral-health">https://healthcare.ascension.org/locations/michigan/mi-gra/grand-blanc-ascension-genesys-hillside-center-for-behavioral-health</a></p>

<p><b>Catholic Charities of Shiawassee and Genesee Counties</b></p> <p>A diverse agency that provides counseling, prevention, and education programs regardless of faith. The counseling program at Catholic Charities of Shiawassee and Genesee Counties helps children, adolescents, individuals, and families experiencing emotional or mental health issues and substance use addiction. Services offered include substance use assessments, driver’s license assessments, mental health outpatient services, group treatment services, grief counseling, and health professionals’ recovery program.</p>	<p>(810) 232-9950</p>	<p>Sheridan Center 901 Chippewa St Flint, MI 48503</p> <p>Hours:</p> <p>Sunday: Closed Monday: 8:00 AM - 8:00 PM EST Tuesday: 8:00 AM - 8:00 PM EST Wednesday: 8:00 AM - 8:00 PM EST Thursday: 8:00 AM - 8:00 PM EST Friday: 8:00 AM - 4:30 PM EST Saturday: Closed</p>	<p><a href="https://catholiccharitiesflint.org/geneseecounseling">https://catholiccharitiesflint.org/geneseecounseling</a></p>
<p><b>Outpatient Therapy &amp; Counseling (Hope Network)</b></p> <p>Provides uniquely coordinated behavioral health services, across a spectrum of diagnoses and treatments, across Michigan. Clinicians treat anxiety, depression, grief and loss, PTSD, and other conditions using evidence-based techniques proven to help people achieve their goals.</p> <p>Services include individual, marriage &amp; family, group counseling, child &amp; teen therapy, LGBTQ counseling, faith-based counseling, addiction counseling, psychological testing &amp; evaluation, animal-assisted therapy, medication services, and perinatal mental health.</p>	<p>(855) 922-2282</p>	<p>2830 Corunna Road Flint, MI 48503</p> <p>Hours:</p> <p>Sunday: Closed Monday: 8:00 AM - 5:00 PM EST Tuesday: 8:00 AM - 5:00 PM EST Wednesday: 8:00 AM - 5:00 PM EST Thursday: 8:00 AM - 5:00 PM EST Friday: 8:00 AM - 5:00 PM EST Saturday: Closed</p>	<p><a href="https://hopenetwork.org/therapy-and-counseling">https://hopenetwork.org/therapy-and-counseling</a></p>
<p><b>Counseling &amp; Outpatient Services (Taylor Life Center) (TLC)</b></p> <p>Taylor Life Center offers outpatient counseling and therapy services for individuals, couples, and families from ages three and over. Therapy and treatment options are customized for each individual, couple, or family based on their emotional and psychological needs.</p> <p>This program provides psychiatric evaluations, individual therapy, psychiatric medication, cognitive behavioral groups, adolescent groups, a walk-in clinic, batterer’s intervention, anger management, substance abuse counseling, dialectical behavior therapy (DBT), and cognitive behavior therapy.</p>	<p>(844) 318-4893</p>	<p>G3169 Beecher Road Suite 203 Flint, MI 48532</p> <p>Hours:</p> <p>Sunday: Closed Monday: 8:00 AM - 5:00 PM EST Tuesday: 8:00 AM - 5:00 PM EST Wednesday: 8:00 AM - 5:00 PM EST Thursday: 8:00 AM - 5:00 PM EST Friday: 8:00 AM - 5:00 PM EST Saturday: Closed</p>	<p><a href="https://taylorldcenter.org/counseling-outpatient-services">https://taylorldcenter.org/counseling-outpatient-services</a></p>

<p align="center"><b>Mental Health Services</b></p> <p align="center"><b>(University of Michigan Health System Regional Alliance for Healthy Schools) (RAHS)</b></p> <p>RAHS offers various services to meet the mental health needs of teens, including counseling services for depression and anxiety, stress management groups, and support groups for grief or anger.</p> <p>Services include mental health assessment, individual therapy, group therapy, family therapy, wellness, prevention, and substance use program.</p>	<p align="center">(734) 998-2163</p> <p align="center">Email: <a href="mailto:UMHS-RAHS@med.umich.edu">UMHS-RAHS@med.umich.edu</a></p>	<p align="center">Regional Alliance for Health Schools KMS Building 3621 S. State Street Ann Arbor, MI 48108-1633</p> <p align="center">Hours:</p> <p align="center">Sunday: Closed Monday: 8:00 AM - 4:00 PM EST Tuesday: 8:00 AM - 4:00 PM EST Wednesday: 8:00 AM - 4:00 PM EST Thursday: 8:00 AM - 4:00 PM EST Friday: 8:00 AM - 4:00 PM EST Saturday: Closed</p>	<p align="center"><a href="https://umhs-rahs.org/services/mental-health/">https://umhs-rahs.org/services/mental-health/</a></p>
<p align="center"><b>Mental Health Services (Perspective Therapy Services)</b></p> <p>Perspectives Therapy Services is a group practice of therapists specializing in providing therapy to individuals, couples, and families of all ages and stages.</p> <p>This program provides individual therapy, couples therapy, family therapy, maternal and post-partum therapy, and telehealth services.</p>	<p align="center">(810) 494-7180</p> <p align="center">Call to schedule an appointment.</p>	<p align="center">Fenton Clinic 1100 Torrey Road Suite 100 Fenton, MI 48430</p> <p align="center">Hours:</p> <p align="center">Sunday: Closed Monday: 8:00 AM - 5:00 PM EST Tuesday: 8:00 AM - 5:00 PM EST Wednesday: 8:00 AM - 5:00 PM EST Thursday: 8:00 AM - 5:00 PM EST Friday: 8:00 AM - 5:00 PM EST Saturday: Closed</p>	<p align="center"><a href="https://perspectivetherapyservices.com/mental-health-services-and-programs/">https://perspectivetherapyservices.com/mental-health-services-and-programs/</a></p>
<p align="center"><b>First Presbyterian Church</b></p> <p>Provides a variety of compassionate and professional counseling and psychological support to the public.</p>	<p align="center">(810) 234-0500</p> <p align="center">Call to schedule an appointment.</p>	<p align="center">746 Saginaw St. Flint, MI 48502</p>	<p align="center"><a href="https://www.gerholz.org">https://www.gerholz.org</a></p>
<p align="center"><b>C-SAM Counseling Center</b></p> <p>Care and counseling for families and individuals.</p>	<p align="center">(810) 686-7313</p>	<p align="center">740 Center St. Clio, MI 48420</p> <p align="center">Hours:</p> <p align="center">Monday – Thursday: 8:00 AM – 8:00 PM EST Friday – Saturday: 8:00 AM – 5:00 PM EST Sunday: Closed</p>	<p align="center">N/A</p>

<p style="text-align: center;"><b>List Psychological Services</b></p> <p>Dedicated to helping individuals with various mental health and substance abuse conditions. The agency provides anonymous screening to determine if behavioral health care would be beneficial.</p>	<p style="text-align: center;">(810) 667-4500</p> <p>Call to schedule an appointment.</p>	<p style="text-align: center;">624 W. Nepessing St. Suite 300 Lapeer, MI 48446</p> <p style="text-align: center;">Hours:</p> <p>Monday – Thursday: 8:00 AM – 9:00 PM EST Friday: 8:00 AM – 5:00 PM EST Saturday – Sunday: Closed</p>	<p style="text-align: center;"><a href="https://listpsych.com/office-s-and-therapists/lapeer">https://listpsych.com/office-s-and-therapists/lapeer</a></p>
<p style="text-align: center;"><b>Counseling Services (Thriveworks Counseling of Michigan)</b></p> <p>Thriveworks Counseling services help people learn how to deal more effectively with situations in their lives such as depression, stress, problems with self- esteem, grief, issues related to mental and emotional health, and relational problems.</p> <p>This program provides individual counseling, couples counseling, marriage counseling, family counseling, and telehealth counseling.</p>	<p style="text-align: center;">(248) 716-7057</p>	<p style="text-align: center;">Thriveworks West Bloomfield 7439 Middlebelt Road Suite 3 West Bloomfield Township, MI 48322</p> <p style="text-align: center;">Hours:</p> <p>Sunday: 8:00 AM - 5:00 PM EST Monday: 7:00 AM - 11:45 PM EST Tuesday: 7:00 AM - 11:45 PM EST Wednesday: 7:00 AM - 11:45 PM EST Thursday: 7:00 AM - 11:45 PM EST Friday: 7:00 AM - 11:45 PM EST Saturday: 7:00 AM - 6:00 PM EST</p>	<p style="text-align: center;"><a href="https://thriveworks.com">https://thriveworks.com</a></p>
<p style="text-align: center;"><b>Teletherapy Services (Pine Rest Christian Mental Health Services)</b></p> <p>Pine Rest's Teletherapy service provides mental health services to individuals anywhere in Michigan and Iowa. Our highly trained professionals will discuss your therapy goals and help you with the process.</p> <p>Services provided include teletherapy (video counseling).</p> <p>Teletherapy Services provides therapy and counseling for a variety of issues, including behavioral health conditions such as anxiety, depression, obsessive-compulsive disorder, panic attacks, postpartum depression and anxiety, substance use disorders, gambling, other addictions, relationship conflict, other family issues, coping with medical conditions, grief and loss, stress management, and trauma.</p>	<p style="text-align: center;">Toll-Free: (800) 678-5500</p> <p style="text-align: center;">(616) 956-9600 (TTY)</p>	<p style="text-align: center;">Hours:</p> <p>Sunday: Closed Monday: 8:00 AM - 6:00 PM EST Tuesday: 8:00 AM - 6:00 PM EST Wednesday: 8:00 AM - 6:00 PM EST Thursday: 8:00 AM - 6:00 PM EST Friday: 8:00 AM - 5:00 PM EST Saturday: Closed</p>	<p style="text-align: center;"><a href="https://www.pinerest.org/about-us/contact-us/">https://www.pinerest.org/about-us/contact-us/</a></p>

<p style="text-align: center;"><b>Ele's Place</b></p> <p style="text-align: center;">Healing center for grieving children and teens coping with losing a loved one.</p>	<p style="text-align: center;">(810) 232-3040</p>	<p style="text-align: center;">1188 Robert T. Longway Blvd Flint, MI 48503</p> <p style="text-align: center;">Hours:</p> <p style="text-align: center;">Monday – Thursday: 9:00 AM – 4:30 PM EST Friday: 9:00 AM – 12:00 PM EST Saturday – Sunday: Closed</p>	<p style="text-align: center;"><a href="https://www.elesplace.org/">https://www.elesplace.org/</a></p>
<p style="text-align: center;"><b>Outpatient Substance Abuse Services (Holy Cross Services)</b></p> <p style="text-align: center;">Provides substance abuse and mental health and outpatient counseling for individuals with co-occurring substance use and mental health disorders.</p>	<p style="text-align: center;">(855) 384-3278</p> <p style="text-align: center;">Email: <a href="mailto:info@hccsnet.org">info@hccsnet.org</a></p>	<p style="text-align: center;">1030 N River Rd. Saginaw, MI 48609</p> <p style="text-align: center;">Hours:</p> <p style="text-align: center;">Sunday: Closed Monday: 8:00 AM - 5:00 PM EST Tuesday: 8:00 AM - 5:00 PM EST Wednesday: 8:00 AM - 5:00 PM EST Thursday: 8:00 AM - 5:00 PM EST Friday: 8:00 AM - 5:00 PM EST Saturday: Closed</p>	<p style="text-align: center;"><a href="https://holycrossservices.org/contact/">https://holycrossservices.org/contact/</a></p>
<p style="text-align: center;"><b>Adult Male Services (Holy Cross Services)</b></p> <p style="text-align: center;">Adult Male Services program provides substance abuse recovery and housing for male adults with co-occurring substance use and mental health disorders.</p>	<p style="text-align: center;">(810) 249-9924</p> <p style="text-align: center;">Email: <a href="mailto:info@hccsnet.org">info@hccsnet.org</a></p>	<p style="text-align: center;">1030 N River Rd. Saginaw, MI 48609</p> <p style="text-align: center;">Hours:</p> <p style="text-align: center;">Monday – Friday: 8:00 AM - 5:00 PM EST Saturday – Sunday: Closed</p>	<p style="text-align: center;"><a href="https://holycrossservices.org/contact/">https://holycrossservices.org/contact/</a></p>
<p style="text-align: center;"><b>Flint Odyssey House Adolescent Program (Odyssey House)</b></p> <p>Substance Abuse program for adolescents between 13 to 17 years old. The Flint Odyssey House Adolescent Outpatient program offers a modified therapeutic community (MTC) for individuals with a substance use disorder. Individuals learn highly effective techniques that are instrumental in living a recovery lifestyle.</p> <p>Services include day treatment, intensive outpatient, individual counseling, case management, and peer recovery support services/family support.</p>	<p style="text-align: center;">(810) 238-5888</p> <p style="text-align: center;">(810) 233-8815</p>	<p style="text-align: center;">718 Oak Street Flint, MI 48503</p> <p style="text-align: center;">Hours:</p> <p style="text-align: center;">Monday - Friday: 8:00 AM - 5:00 PM EST Saturday – Sunday: Closed</p>	<p style="text-align: center;"><a href="https://www.odysseyvillage.com">https://www.odysseyvillage.com</a></p>

<p><b>Ascension Eastwood Recovery Center (Ascension – Michigan)</b></p> <p>Ascension Eastwood Recovery Center in Southfield, MI, provides residential treatment for men seeking recovery from addiction and mental health issues.</p> <p>This program provides addiction recovery, mental health care, and detox &amp; residential treatment. Treatment plans may include assessment of needs &amp; goals, weekly individual therapy, daily group therapy, daily education group, recovery meetings, such as AA/NA/recovery dharma (Buddhist)/SMART (Secular), and peer coaching.</p>	<p>(248) 864-5200</p>	<p>29451 Greenfield Road Southfield, MI 48076</p> <p>Hours: Monday – Friday: 8:00 AM – 5:00 PM EST Saturday – Sunday: Closed</p>	<p><a href="https://healthcare.ascension.org/locations/michigan/mid/southfield-ascension-eastwood-residential">https://healthcare.ascension.org/locations/michigan/mid/southfield-ascension-eastwood-residential</a></p>
<p><b>Partial Hospitalization Psychiatric Program (PHP) (McLaren Health Care)</b></p> <p>McLaren provides partial hospitalization programs for adults and adolescents to prevent inpatient psychiatric hospitalization or provide a transition for patients stepping down from inpatient mental health care. Patients are assigned a case manager to assist them through the treatment program.</p> <p>This program provides daily physician consultation, comprehensive assessment, medication management, insight-oriented group therapy, family therapy/education, recreational therapy, anger management, expressive therapy, conflict resolution, school education programming, and discharge planning.</p> <p>Conditions treated include depression, anxiety, bipolar, personality disorder, post-traumatic stress disorder, substance abuse treatment with a primary mental health disorder, and other disorders as determined by assessment.</p>	<p>(517) 975-3212</p>	<p>McLaren Flint Behavioral Health Center 401 South Ballenger Highway Flint, MI 48532</p> <p>Hours: Monday – Friday: 8:00 AM – 5:00 PM EST Saturday – Sunday: Closed</p>	<p><a href="https://www.mclaren.org/main/partial-psychiatric-hospitalization">https://www.mclaren.org/main/partial-psychiatric-hospitalization</a></p>
<p><b>In-Home Treatment (Judson Center)</b></p> <p>In-Home Treatment provides services to families with children (4-17 years old) with a severe mental illness or emotional impairment, which could place the child at risk for an out-of-home placement such as a psychiatric hospital or residential facility.</p>	<p>(810) 732-8510</p>	<p>Judson Center Genesee 2503 Linden Road Suite 130 Flint, MI 48532</p> <p>Hours: Monday – Friday: 8:00 AM – 5:00 PM EST Saturday – Sunday: Closed</p>	<p><a href="https://www.judsoncenter.org">https://www.judsoncenter.org</a></p>



<p style="text-align: center;"><b>Outpatient Treatment (Judson Center)</b></p> <p>Judson Center Outpatient Services offers traditional and crisis-driven therapy interventions to children, adolescents, and adults who need support managing their emotional, behavioral, and mental illnesses impacting their quality of life.</p> <p>Services provided include individual therapy, group therapy, case management, peer support, and psychiatric services.</p>	<p style="text-align: center;">(248) 549-4339</p>	<p style="text-align: center;">Judson Center Oakland 4410 West 13 Mile Road Royal Oak, MI 48073</p> <p style="text-align: center;">Hours: Monday – Friday: 9:00 AM – 5:00 PM EST Saturday – Sunday: Closed</p>	<p style="text-align: center;"><a href="https://www.judsoncenter.org">https://www.judsoncenter.org</a></p>
<p><b>Adult Behavioral Health Program (Development Centers, Inc.)</b></p> <p>Adult Behavioral Health Program provides several different programming and service options to enhance the overall functioning of persons aged eighteen and up. The program offers outpatient and community-based services to individuals, groups, and families with mental health or substance abuse disorders.</p> <p>Services offered include case management, individual therapy and treatment, psychiatric and nursing support, dual diagnosis groups/ integrated dual diagnosis treatment, health coordination, medication monitoring, hospital diversion, parenting support, support and daily living skills, and vocational services.</p>	<p style="text-align: center;">(313) 531-2500</p>	<p style="text-align: center;">17321 Telegraph Road Detroit, MI 48219</p> <p style="text-align: center;">Hours: Monday – Friday: 8:00 AM – 5:00 PM EST Saturday – Sunday: Closed</p>	<p style="text-align: center;"><a href="https://develctrs.org">https://develctrs.org</a></p>
<p style="text-align: center;"><b>NAMI Family Support Group</b> <b>(National Alliance on Mental Illness – Michigan) (NAMI-MI)</b></p> <p>NAMI Family Support Group is a peer-led support group for family members, caregivers, and loved ones of individuals living with mental illness. Families assist each other in gaining insight from the challenges and successes of others facing similar circumstances.</p> <p style="text-align: center;">This program provides support groups and peer support.</p>	<p style="text-align: center;">(800) 331-4264</p> <p>Email: <a href="mailto:info@namimi.org">info@namimi.org</a></p>	<p style="text-align: center;">401 South Washington Square Suite 104 Lansing, MI 48933</p> <p style="text-align: center;">Hours: Monday – Friday: 8:00 AM – 4:00 PM EST Saturday – Sunday: Closed</p>	<p style="text-align: center;"><a href="https://namimi.org/our-programs/family-support-group">https://namimi.org/our-programs/family-support-group</a></p>
<p style="text-align: center;"><b>In Our Own Voice</b> <b>(National Alliance on Mental Illness – Michigan) (NAMI-MI)</b></p> <p>In Our Own Voice is a public education program developed by NAMI, in which two trained consumer speakers share personal stories about living with mental illness and achieving recovery.</p>	<p style="text-align: center;">(517) 485-4049</p> <p>Email: <a href="mailto:info@namimi.org">info@namimi.org</a></p>	<p style="text-align: center;">401 South Washington Square Suite 104 Lansing, MI 48933</p> <p style="text-align: center;">Hours: Monday – Friday: 8:00 AM – 5:00 PM EST Saturday – Sunday: Closed</p>	<p style="text-align: center;"><a href="https://namimi.org">https://namimi.org</a></p>

<p align="center"><b>Mental Health First Aid Training</b> <b>(Genesee Health System)</b></p> <p>This 8-hour course is taught by certified “Mental Health First Aid USA” instructors. You will learn to recognize the signs and symptoms of anxiety, depression, substance use disorders, and psychosis. You will also learn what to do until appropriate professional and other help can begin.</p>	<p align="center">(810) 762-5280 Or Email: <a href="mailto:Training@genhs.org">Training@genhs.org</a></p> <p>For more information or to register, go to their website.</p>	<p align="center">N/A</p>	<p align="center"><a href="https://www.genhs.org/mhfa">https://www.genhs.org/mhfa</a></p>
<p align="center"><b>Help Centers (Across Flint)</b></p> <p>Offers a variety of services to the community. Pick up water, food, and personal care items, receive physical and mental health services. Free and available to everyone, with no income requirements. Help Centers is a “one-stop shop” offering FREE resources for Flint residents, including foods and produce, physical health options, mental health services, personal care items, water filters, and replacement cartridges.</p>	<p align="center">Visit any of the provided addresses to receive services and additional information.</p> <p>Hours of operation are below the physical address.</p>	<p align="center"><b>Bethel United Methodist Church</b> 1309 N. Ballenger Highway Flint, MI 48504 Monday 10:00 AM – 2:00 PM EST</p>	<p align="center">N/A</p>
		<p align="center"><b>Asbury United Methodist Church</b> 1653 Davison Rd, Flint, MI 48506 Tuesday 10:00 AM – 2:00 PM EST</p>	
		<p align="center"><b>Greater Holy Temple Church of God In Christ</b> 6702 N. Dort Highway Flint, MI 48505 Thursday 10:00 AM – 2:00 PM EST</p>	
<p align="center"><b>Voices for Children Advocacy Center</b> <b>(Genesee County Center)</b></p> <p>Helps prevent child abuse and survivors become children again</p>	<p align="center">(810) 238-3333</p>	<p align="center">515 E. Street Flint, MI 48503</p>	<p align="center"><a href="https://www.voicesforcac.org">https://www.voicesforcac.org</a></p>
<p align="center"><b>Deaf and Hearing-Impaired Services</b></p> <p>Provides American Sign Language interpreters, sign language counseling, sign language classes, support groups, video relay, and other assistive devices.</p>	<p align="center">(248) 473-1888 Or Email: <a href="mailto:dhissvcs@gmail.com">dhissvcs@gmail.com</a></p>	<p align="center">25882 Orchard Lake Road Suite 100 Farmington Hills, MI 48336</p>	<p align="center"><a href="https://www.dhisonline.org">https://www.dhisonline.org</a></p>
<p align="center"><b>Compassionate Friends (Flint Chapter)</b></p> <p>Self-help, bereavement support groups for parents, siblings, and grandparents.</p>	<p align="center">(810) 235-5600</p>	<p align="center">Hope United Methodist Church 4467 Beecher Rd Flint, MI 48507</p>	<p align="center"><a href="http://www.compassionatefriendsflint.org">http://www.compassionatefriendsflint.org</a></p>

<p align="center"><b>Genesee Community Health Center (GCHC)</b></p> <p>Complete health care for adults and children. Assists with various medical needs such as health screenings, well-child visits, and physicals. It also cares for multiple conditions such as diabetes, asthma, blood pressure, and cholesterol. It also has access to lab and x-ray services. Onsite mental health and substance abuse services are also available.</p>	<p align="center">(810) 496-5777 Or Email: <a href="mailto:info@genchc.org">info@genchc.org</a></p>	<p align="center">725 Mason Street Flint, MI 48503</p>	<p align="center"><a href="https://www.genchc.org">https://www.genchc.org</a></p>
<p align="center"><b>Ennis Center (Genesee County Location)</b></p> <p>Community-based, in-home, foster care/adoption, and group home services to children and families. All programs are based on a strength assessment model and promote family stability and reunification when possible.</p>	<p align="center">(810) 233-4031</p>	<p align="center">129 East Third Street Flint, MI 48502</p>	<p align="center"><a href="https://www.enniscenter.org">https://www.enniscenter.org</a></p>
<p align="center"><b>Family Service Agency of Mid-Michigan</b></p> <p>Offers individual counseling, family/child management, and couple counseling.</p>	<p align="center">(810) 767-4014 ext.419  Email: <a href="mailto:bgow@fsamich.org">bgow@fsamich.org</a></p>	<p align="center">1422 West Court Street Flint, MI 48503</p> <p align="center">Hours: Monday-Tuesday: 9:00 AM – 9:00 PM EST  Wednesday-Friday: 9:00 AM – 5:00 PM EST</p>	<p align="center"><a href="https://fsamich.org">https://fsamich.org</a></p>
<p align="center"><b>Giesken Counseling Services</b></p> <p>Offers counseling services for a variety of topics and circumstances.</p>	<p align="center">(810) 626-5191  Email: <a href="mailto:info@gieskencounseling.com">info@gieskencounseling.com</a></p>	<p align="center">Grand Blanc Location:  8285 S. Saginaw Road, Suite 102 Grand Blanc, MI 48439  Clarkston Location:  4545 Clawson Tank Drive, Suite D Clarkston, MI 48346</p>	<p align="center"><a href="https://gieskencounseling.com">https://gieskencounseling.com</a></p>

<p style="text-align: center;"><b>Oakland Psychological</b></p> <p>Oakland Psychological Clinic, P.C. (OPC) is an outpatient mental health and substance abuse clinic serving children, adolescents, adults, couples, families, and older people with eight convenient locations in Southeastern Michigan.</p>	<p>Flint Contact Info: (810) 732-0560</p> <p>Grand Blanc Contact Info: (810) 695-0055</p>	<p>Flint Location: 2222 S. Linden Road, Suite J Flint, MI 48532</p> <p>Grand Blanc Location: 10785 S. Saginaw St, Bldg. E, Suite A Grand Blanc, MI 48439</p>	<p><a href="https://www.oakpsych.com">https://www.oakpsych.com</a></p>
<p style="text-align: center;"><b>Training and Treatment Innovations (TTI)</b></p> <p>TTI provides clinic and community-based services to support adults with behavioral health issues and co-occurring disorders. In addition, TTI offers a full array of services to children with autism spectrum disorders, developmental disabilities, and emotional impairments. TTI delivers various specialty mental health services, including Applied Behavior Analysis, Clubhouse, and Employment Services. TTI accepts Medicaid and private insurance.</p>	<p>(810) 232-6081</p>	<p>929 Stevens Street Flint, MI 48506</p>	<p><a href="https://ttiinc.org">https://ttiinc.org</a></p>
<p style="text-align: center;"><b>Hamilton Community Health Network (HCHN)</b></p> <p>Federally Qualified Health Center (FQHC) delivers affordable, accessible, quality, and value-based primary health care to everyone in our community, regardless of their ability to pay. Our work helps to provide care to the nation’s most vulnerable individuals and families, including people experiencing homelessness, agricultural workers, residents of public housing, and the nation’s veterans.</p> <p>Services provided include:</p> <ul style="list-style-type: none"> <li>- High-quality, culturally competent, comprehensive primary care</li> <li>- Supportive services such as health education, translation, and transportation</li> <li>- Connections to a pharmacy, mental health, substance use disorder, and oral health services</li> </ul>	<p>(810) 406-4246</p>	<p>Burton Clinic Address: G-3375 Saginaw Street Burton, MI 48529</p> <p>Hours:</p> <p>Sunday: Closed Monday: 8:00 AM - 8:00 PM EDT Tuesday: 8:00 AM - 8:00 PM EDT Wednesday: 8:00 AM - 8:00 PM EDT Thursday: 8:00 AM - 8:00 PM EDT Friday: 8:00 AM - 5:30 PM EDT Saturday: Closed</p>	<p><a href="https://hamiltonchn.org">https://hamiltonchn.org</a></p>

National Resources and Programs

Organization	Contact Information	Physical Address and Hours of Operation	Website
<p><b>988 Suicide and Crisis Lifeline</b></p> <p>Provides 24/7 support for people in distress and offers prevention and crisis resources.</p>	<p>Call or Text 988</p> <p>For Veterans: Dial 988, then Press 1</p>	<p>Available 24/7</p>	<p><a href="http://988lifeline.org">http://988lifeline.org</a></p>
<p><b>Lifeline Crisis Chat (The 988 Suicide and Crisis Lifeline)</b></p> <p>The Lifeline Crisis Chat provides individuals with counseling for emotional support and other services via web chat. This program assists individuals who are depressed, having a tough time, need someone to talk to, or thinking about suicide.</p> <p>This program provides online emotional support, crisis intervention, and suicide prevention services.</p>	<p>(800) 273-8255 (TTY) or Use the Website to Start a Chat</p>	<p>Available 24/7</p>	<p><a href="http://988lifeline.org/chat/">http://988lifeline.org/chat/</a></p>
<p><b>NAMI Helpline (National Alliance on Mental Illness) (NAMI)</b></p> <p>The NAMI HelpLine is a free service that provides information, referrals, and support to people with mental health conditions, family members and caregivers, mental health providers, and the public.</p> <p>This program provides a help hotline as well as information and referrals. HelpLine staff and volunteers are prepared to answer your questions about mental health issues, including symptoms of mental health conditions, treatment options, local support groups and services, education programs, helping family members get treatment, and programs to help find jobs.</p>	<p>Call (800) 950-6264 Text HelpLine to 62640 Email: <a href="mailto:helpline@nami.org">helpline@nami.org</a> Chat: <a href="http://nami.org/help">nami.org/help</a></p> <p>Local Affiliate Number: (810) 232-6498</p>	<p>2346 Stonebridge Drive Flint, MI 48532</p> <p>Hours:</p> <p>Sunday: Closed Monday: 10:00 AM - 10:00 PM EST Tuesday: 10:00 AM - 10:00 PM EST Wednesday: 10:00 AM - 10:00 PM EST Thursday: 10:00 AM - 10:00 PM EST Friday: 10:00 AM - 10:00 PM EST Saturday: Closed</p>	<p><a href="http://www.nami.org/help">http://www.nami.org/help</a></p> <p><a href="http://www.namigenesee.org/about-us">http://www.namigenesee.org/about-us</a></p>
<p><b>TeenLine</b></p> <p>Call to vent, share, and get support from a trained teen.</p>	<p>(310) 855-4673 or Text TEEN to 839-863</p> <p>For those who are deaf or hard of hearing, text HEARME to 839-863</p>	<p>Available 24/7</p>	<p><a href="https://teenlineonline.org/">https://teenlineonline.org/</a></p>

<p align="center"><b>Trevor Lifeline</b></p> <p>A national 24-hour free, confidential suicide hotline for LGBTQ youth.</p>	<p>Call: (866) 488-7386 Text START to 678-678 Chat on the website</p>	<p align="center">Available 24/7</p>	<p align="center"><a href="https://www.thetrevorproject.org">https://www.thetrevorproject.org</a></p>
<p align="center"><b>LGBT National Youth Talkline</b></p> <p>Free, confidential phone and online peer-to-peer support. It also provides information on local resources.</p>	<p align="center">(800) 246-7743</p>	<p align="center">Hours: Monday – Friday: 4:00 PM – 12:00 AM Saturday: 12:00 PM – 5:00 PM</p>	<p align="center"><a href="https://www.glbthotline.org/talkline.html">https://www.glbthotline.org/talkline.html</a></p>
<p align="center"><b>Hotline (BlackLine)</b></p> <p>BlackLine provides a space for anonymous peer support, counseling, witnessing, and affirming the lived experiences of folks most impacted by systematic oppression with an LGBTQ+ Black Femme Lens.</p> <p>This program provides hotline support and crisis counseling.</p>	<p align="center">(800) 604-5841</p>	<p align="center">Hours: Sunday: 12:00 PM - 3:00 PM EST Monday: 7:00 AM - 3:00 PM EST Tuesday: 7:00 AM - 3:00 PM EST Wednesday: 7:00 AM - 3:00 PM EST Thursday: 7:00 AM - 3:00 PM EST Friday: 7:00 AM - 3:00 PM EST Saturday: 12:00 PM - 3:00 PM EST</p>	<p align="center"><a href="https://www.callblackline.com">https://www.callblackline.com</a></p>
<p align="center"><b>Emotional Helpline (New Directions Behavioral Health)</b></p> <p>New Directions Behavioral Health offers a free and confidential 24/7 mental health helpline staffed by trained and caring professionals ready to guide you to the care you need. This program provides a mental health hotline.</p>	<p align="center">(833) 848-1764</p>	<p align="center">Available 24/7</p>	<p align="center"><a href="https://www.ndbh.com/CrisisResources">https://www.ndbh.com/CrisisResources</a></p>
<p align="center"><b>Text Hotline (Crisis Text Line)</b></p> <p>Crisis Text Line provides free, 24/7, high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need.</p> <p>This program provides a 24/7 crisis text line.</p>	<p>Text HELLO to 741741 or message HELLO to 443-SUPPORT on WhatsApp for English speakers</p> <p>Text HOLA to 741741 or message HOLA to 442-AYUDAME on WhatsApp for Spanish speakers</p>	<p align="center">Available 24/7</p>	<p align="center"><a href="https://www.crisistextline.org/text-us/">https://www.crisistextline.org/text-us/</a></p>
<p align="center"><b>Crisis Counseling (For The Frontlines)</b></p> <p>For The Frontlines provides 24/7 crisis counseling and support for healthcare workers and essential workers dealing with anxiety, stress, fear, isolation, or other difficult emotions during the coronavirus pandemic. This program provides a 24/7 Crisis Text Line.</p>	<p>Text FRONTLINE to 741741 Email: <a href="mailto:info@crisistextline.org">info@crisistextline.org</a></p>	<p align="center">Available 24/7</p>	<p align="center"><a href="https://www.forthefrontlines.org">https://www.forthefrontlines.org</a></p>

<p><b>Boys Town National Hotline (Boys Town)</b></p> <p>The Boys Town National Hotline provides support through phone, text, chat, or email to children and teens who are experiencing life challenges such as abuse, thoughts of self-harm, bullying and peer issues, and relationship struggles.</p> <p>This program provides a help hotline, a text hotline and support from trained counselors.</p> <p>Spanish-speaking counselors and translation services for more than 100 languages are available 24 hours a day. Those who are speech and hearing-impaired can contact the hotline email address.</p>	<p>(800) 448-3000 Text VOICE to 20121 Email: hotline@boystown.org</p>	<p>Available 24/7</p>	<p><a href="https://www.boystown.org/hotline/Pages/default.aspx">https://www.boystown.org/hotline/Pages/default.aspx</a></p>
<p><b>SAMHSA's National Helpline (Substance Abuse and Mental Health Services Administration) (SAMHSA)</b></p> <p>SAMHSA's National Helpline, also known as the Treatment Referral Routing Service, is a confidential, free, 24-hour-a-day, 365-day-a-year information service, in English and Spanish, for individuals and family members facing mental and substance use disorders.</p> <p>This program provides referrals to local treatment facilities, support groups, community-based organizations, and free publications and information.</p>	<p>(800) 662-4357 (800) 487-4889 (TTY)</p>	<p>Available 24/7</p>	<p><a href="http://www.samhsa.gov/find-help/national-helpline">http://www.samhsa.gov/find-help/national-helpline</a></p>
<p><b>BPD Resource &amp; Referral Center (Treatment and Research Advancements for Borderline Personality Disorder) (TARA4BPD)</b></p> <p>TARA4BPD operates a national helpline that provides information on the etiology and treatment of BPD and referrals to qualified clinicians, appropriate treatment, and support groups.</p> <p>Services: Helpline   We can provide callers with:</p> <ul style="list-style-type: none"> <li>- Information about BPD</li> <li>- Referrals to clinicians specializing in BPD and DBT</li> <li>- Family support, education, and BPD support groups</li> <li>- Latest BPD research findings</li> <li>- Speakers Bureau</li> <li>- Media Bureau</li> <li>- BPD advocacy</li> </ul>	<p>(888) 482-7227</p>	<p>Hours:</p> <p>Sunday: Closed Monday: 12:00 PM - 5:00 PM EST Tuesday: 12:00 PM - 5:00 PM EST Wednesday: 12:00 PM - 5:00 PM EST Thursday: 12:00 PM - 5:00 PM EST Friday: 12:00 PM - 5:00 PM EST Saturday: Closed</p>	<p><a href="https://www.tara4bpd.org">https://www.tara4bpd.org</a></p>

<p style="text-align: center;"><b>STEVE Crisis Text Line (The Steve Fund)</b></p> <p>Through a partnership with Crisis Line, the Steve Fund has created a special keyword, STEVE, addressing the unmet mental health needs of college and university students of color, improving the critically needed access for young people of color to crisis counseling. Services include the ability to connect with a trained crisis counselor 24/7. The Steve Fund works with colleges and universities, non-profits, researchers, mental health experts, families, and young people to promote programs and strategies that build understanding and assistance for the mental and emotional health of the nation’s young people of color.</p>	<p>Text STEVE to 741741 Email: <a href="mailto:info@stevefund.org">info@stevefund.org</a></p>	<p>Available 24/7</p>	<p><a href="http://www.stevefund.org/crisistextline/">http://www.stevefund.org/crisistextline/</a></p>
<p style="text-align: center;"><b>Disaster Distress Helpline (Substance Abuse and Mental Health Services Administration) (SAMHSA)</b></p> <p>The Disaster Distress Helpline is a national hotline dedicated to providing immediate crisis counseling for people experiencing emotional distress related to any natural or human-caused disaster. This program provides a crisis counseling helpline, information on recognizing distress and its effects on individuals and families, tips for healthy coping, and referrals to local crisis call centers for additional follow-up care and support. The crisis support service is for anyone experiencing emotional distress related to disasters such as tornadoes and severe storms, hurricanes, tropical storms, floods, wildfires, earthquakes, drought, and incidents of mass violence. The Disaster Distress Helpline also answers calls and texts related to infectious disease outbreaks, such as the coronavirus pandemic, incidents of community unrest, and other traumatic events.</p>	<p>From the United States and its territories, call 1-800-985-5990 to connect with a trained crisis counselor 24/7. Spanish speakers can call the hotline and press “2” for 24/7 bilingual support.</p> <p>To connect with a live DDH crisis counselor 24/7 via SMS from the fifty states, text “TalkWithUs” for English or “Hablanos” for Spanish to 66746. Spanish speakers from Puerto Rico can text “Hablanos” to 1-787-339-2663.</p>	<p>Available 24/7</p>	<p><a href="https://www.samhsa.gov/find-help/disaster-distress-helpline">https://www.samhsa.gov/find-help/disaster-distress-helpline</a></p>
<p style="text-align: center;"><b>TAPS National Military Survivor Helpline (Tragedy Assistance Program for Survivors) (TAPS)</b></p> <p>Tragedy Assistance Program for Survivors maintains a 24/7 help hotline for the loved ones of individuals killed while serving in the United States military. The helpline connects callers to a network of trained professionals who can offer emotional support or assist with crises and connections to additional programs/services. This program provides a help hotline, information, and referrals to additional services.</p>	<p>(800) 959-8277</p>	<p>Available 24/7</p>	<p><a href="https://www.taps.org/helpline">https://www.taps.org/helpline</a></p>



<p style="text-align: center;"><b>Spot to Talk</b></p> <p>Spot To Talk provides teletherapy for children, teens, and young adults. Our therapists help clients break through the challenges preventing them from living their best lives.</p> <p>We offer teletherapy. We specialize in helping with anxiety, depression, substance use disorders, electronic use addiction, OCD, PTSD, school refusal, trauma, identity formation, parent-child relationship challenges, and aftercare post-residential treatment/intensive outpatient programs.</p>	<p style="text-align: center;">(619) 438-0690 Email: <a href="mailto:Hello@spottotalk.com">Hello@spottotalk.com</a></p>	<p style="text-align: center;">Hours:</p> <p>Sunday: 1:00 PM - 5:00 PM EST Monday: 12:00 PM - 9:00 PM EST Tuesday: 12:00 PM - 9:00 PM EST Wednesday: 12:00 PM - 9:00 PM EST Thursday: 12:00 PM - 9:00 PM EST Friday: 12:00 PM - 9:00 PM EST Saturday: 1:00 PM - 5:00 PM EST</p>	<p style="text-align: center;"><a href="https://spottotalk.com">https://spottotalk.com</a></p>
<p style="text-align: center;"><b>Deaf Counseling Services (Deaf Counseling Center)</b></p> <p>Deaf Counseling Center helps people learn how to deal more effectively with depression, addiction, substance abuse, stress, self-esteem problems, grief, mental and emotional health issues, and relational problems.</p> <p style="text-align: center;">This program provides individual counseling, couples counseling, and family therapy.</p>	<p style="text-align: center;">(240) 380-2577 (TTY)</p>	<p style="text-align: center;">Hours:</p> <p>Sunday: Closed Monday: 8:00 AM - 5:00 PM EST Tuesday: 8:00 AM - 5:00 PM EST Wednesday: 8:00 AM - 5:00 PM EST Thursday: 8:00 AM - 5:00 PM EST Friday: 8:00 AM - 5:00 PM EST Saturday: Closed</p>	<p style="text-align: center;"><a href="https://deafcounseling.com/get-started/">https://deafcounseling.com/get-started/</a></p>
<p style="text-align: center;"><b>OCD Therapy (NOCD)</b></p> <p>NOCD provides OCD therapists from across the US and beyond to treat children and adults and respect the breadth of their members' beliefs, backgrounds, and orientations. All therapy sessions are through telehealth.</p> <p style="text-align: center;">This program provides OCD virtual therapy.</p>	<p style="text-align: center;">Schedule on their website Or Call (312) 766-6780</p>	<p style="text-align: center;">Hours:</p> <p>Sunday: Closed Monday: 9:00 AM - 7:30 PM Tuesday: 9:00 AM - 7:30 PM Wednesday: 9:00 AM - 7:30 PM Thursday: 9:00 AM - 7:30 PM Friday: 9:00 AM - 7:30 PM Saturday: Closed</p>	<p style="text-align: center;"><a href="https://www.treatmyocd.com/why-nocd">https://www.treatmyocd.com/why-nocd</a></p>
<p style="text-align: center;"><b>Mental Health Services/Substance Abuse Disorder (Charlie Health)</b></p> <p>Charlie Health offers video-based intensive outpatient programs (IOP), including group, individual, and family therapy. Services are for teens and young adults (ages 11-32) struggling with mental health and substance use disorders. This program provides intensive outpatient programs (IOP) and individual/family therapy. Charlie Health works with most commercial insurance plans and Medicaid. Charlie Health offers services to those in need and will provide financial assistance on a case-by-case basis. Anyone in need of services can reach out by phone.</p>	<p style="text-align: center;">(866) 491-5196  Email: <a href="mailto:admissions@charliehealth.com">admissions@charliehealth.com</a></p>	<p style="text-align: center;">Available 24/7</p>	<p style="text-align: center;"><a href="https://www.charliehealth.com/how-it-works">https://www.charliehealth.com/how-it-works</a></p>

<p align="center"><b>Crisis Services (Pathways to Safety International)</b></p> <p>Pathways To Safety International provides specialized case management services to American victims of sexual assault, domestic violence, dating violence, stalking, and forced marriage. Case managers have the tools and knowledge to assist survivors with safety planning in foreign countries and after returning to the United States.</p> <p>This program provides information, support, and referrals. Case managers address the victim's immediate safety concerns, provide emotional support, help them process their trauma, and empower them to make the best choices possible.</p> <p>Clients might be referred to the following services:</p> <ul style="list-style-type: none"> <li>- Legal Advocacy</li> <li>- Professional Counseling</li> <li>- Danger to Safety Relocation</li> <li>- Transition Services</li> <li>- Protecting Pets</li> </ul>	<p align="center">Email: <a href="mailto:crisis@pathwaytosafety.org">crisis@pathwaytosafety.org</a></p>	<p align="center">Available 24/7</p>	<p align="center"><a href="https://pathwaytosafety.org/get-help-now/#email">https://pathwaytosafety.org/get-help-now/#email</a></p>
<p align="center"><b>Eating Disorder Navigation and Assistance (Project HEAL)</b></p> <p>Project HEAL provides eating disorder navigation and assistance to individuals accessing or recovering from an eating disorder. This program offers free, unbiased, culturally competent, and compassionate assessments followed by comprehensive documents with diagnoses and clinical recommendations or referrals. This program provides clinical assessment, insurance navigation, treatment placement, and cash assistance.</p>	<p align="center">Apply on website Email: <a href="mailto:contact@theprojectheal.org">contact@theprojectheal.org</a></p> <p align="center">Text HEALING to 741741</p>	<p align="center">Hours:</p> <p align="center">Sunday: Closed Monday: 8:00 AM - 5:00 PM Tuesday: 8:00 AM - 5:00 PM Wednesday: 8:00 AM - 5:00 PM Thursday: 8:00 AM - 5:00 PM Friday: 8:00 AM - 5:00 PM Saturday: Closed</p>	<p align="center"><a href="https://www.theprojectheal.org/treatment-access">https://www.theprojectheal.org/treatment-access</a></p>
<p align="center"><b>Training (Mental Health First Aid)</b></p> <p>Mental Health First Aid offers its course to anyone that wants to learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.</p> <p>This program provides training in mental health aid and teachings on recovery and resiliency. Training types include youth, adults, faith, spiritual communities, fire, EMS, and older adults.</p>	<p align="center">Schedule on their website</p>	<p align="center">Hours:</p> <p align="center">Sunday: Closed Monday: 8:00 AM - 5:00 PM Tuesday: 8:00 AM - 5:00 PM Wednesday: 8:00 AM - 5:00 PM Thursday: 8:00 AM - 5:00 PM Friday: 8:00 AM - 5:00 PM Saturday: Closed</p>	<p align="center"><a href="https://www.mentalhealthfirstaid.org/take-a-course/what-you-learn/">https://www.mentalhealthfirstaid.org/take-a-course/what-you-learn/</a></p>

<p align="center"><b>Family TeleConnections (TLC)</b>  <b>(National Education Alliance for Borderline Personality Disorder) (NEABPD)</b></p> <p>Family TeleConnections is an online option for Family Connections meetings that allows family members from across the country to “meet” for the course weekly via teleconference. Family Connections is a free 12-week course that provides education, skills training, and support for people in a relationship with someone with borderline personality disorder (BPD).</p> <p align="center">Family TeleConnections provides:</p> <ul style="list-style-type: none"> <li>- Virtual support groups run by family members themselves who have been trained</li> <li>- Email and online discussion groups that offer opportunities to network between classes</li> </ul> <p align="center">The Family Connections program includes the following:</p> <ul style="list-style-type: none"> <li>- Skills training based on dialectical behavior therapy (DBT) and family skills</li> <li>- Teaching and learning of treatment theories and practices and the latest research findings on BPD</li> <li>- Support for parents, spouses, children, and siblings of someone with BPD <ul style="list-style-type: none"> <li>- The latest knowledge and skills to enable the well-being of participants</li> </ul> </li> </ul>	<p align="center">Apply on website  Email: <a href="mailto:fc@neabpd.org">fc@neabpd.org</a></p>	<p align="center">Hours:</p> <p align="center">Sunday: Closed  Monday: 8:00 AM - 5:00 PM EST  Tuesday: 8:00 AM - 5:00 PM EST  Wednesday: 8:00 AM - 5:00 PM EST  Thursday: 8:00 AM - 5:00 PM EST  Friday: 8:00 AM - 5:00 PM EST  Saturday: Closed</p>	<p align="center"><a href="https://www.borderlinepersonalitydisorder.org/family-connections/">https://www.borderlinepersonalitydisorder.org/family-connections/</a></p>
<p align="center"><b>NAMI Peer-to-Peer</b>  <b>National Alliance on Mental Illness – Michigan</b>  <b>(NAMI – MI)</b></p> <p>NAMI Peer-to-Peer is a free, 10-session educational program for adults with mental illness who want to understand their condition and journey toward recovery. Classes are taught by a trained team of people who’ve been there, and this program includes presentations, discussions, and interactive exercises.</p> <p align="center">NAMI Peer-to-Peer helps you:</p> <ul style="list-style-type: none"> <li>- Create a personalized relapse prevention plan.</li> <li>- Learn how to interact with healthcare providers.</li> <li>- Develop confidence in making decisions and reducing stress. <ul style="list-style-type: none"> <li>- Stay up-to-date on mental health research.</li> <li>- Understand the impact of symptoms on your life.</li> </ul> </li> <li>- Access practical resources on how to maintain your journey toward recovery.</li> </ul>	<p align="center">(800) 331-4264</p> <p align="center">Email:  <a href="mailto:info@namimi.org">info@namimi.org</a></p>	<p align="center">Hours:</p> <p align="center">Sunday: Closed  Monday: 8:00 AM - 5:00 PM EST  Tuesday: 8:00 AM - 5:00 PM EST  Wednesday: 8:00 AM - 5:00 PM EST  Thursday: 8:00 AM - 5:00 PM EST  Friday: 8:00 AM - 5:00 PM EST  Saturday: Closed</p>	<p align="center"><a href="https://namimi.org">https://namimi.org</a></p>

**Life Coaching (Life Side Wellness LLC)**

Light Side Wellness LLC provides virtual life coaching sessions with Sarah Beltran, MSW. Life coaching is a form of individualized support to help you define and achieve your goals. It is an action-based, solution-focused, collaborative process that provides a framework to identify, track, and maintain progress toward living your most desired life!

Life coaching can assist with a number of life's difficulties, including:

- Breaking bad habits / establishing healthy habits
- Managing and reducing high-stress and overwhelm
  - Conquering a lack of motivation
  - Overcoming academic struggles
- Gaining life skills (spatial organization, time management, personal hygiene and grooming, budgeting, etc.)
  - Stabilizing after a major life event
- Transitioning into a new social or professional role
- Answering career-related and other life path questions
  - Unblocking your creative flow
  - Resolving conflict and communication problems
- Building social skills (assertiveness, conversational skills, etc.)
  - Recovering from substance, digital, or process addiction
    - Establishing a healthy work/life balance
    - Addressing spiritual issues
    - Mental health recovery
    - Addiction recovery

If you are experiencing any of these challenges, or want a helping hand in maintaining a satisfying life, then seeking the support of an experienced, empathetic, and empowering life coach may be appropriate for you!

Please note: Life coaching is NOT a mental health treatment or talk therapy. Even so, many people living with mental health concerns such as anxiety, depression, ADHD, bipolar disorder, PTSD, and more may still benefit from practical help navigating their own uniquely complex challenges! Working with a life coach like Sarah can be deeply impactful for these folks whose social work background provides an understanding of how mental health can affect all areas of life.

(954) 546-3831

Email:  
[lightsidewellness@gmail.com](mailto:lightsidewellness@gmail.com)

Hours:

Sunday: Closed  
Monday: 9:00 AM - 9:00 PM  
Tuesday: 9:00 AM - 9:00 PM  
Wednesday: 9:00 AM - 9:00 PM  
Thursday: 9:00 AM - 9:00 PM  
Friday: 9:00 AM - 9:00 PM  
Saturday: 9:00 AM - 9:00 PM

<https://lightsidewellness.co>

<p><b>Truck Driver Assistance (truckersfinalmile)</b></p> <p>truckersfinalmile assists North American truck drivers and their families in times of crisis.</p> <p>This program provides the following:</p> <ul style="list-style-type: none"><li>- Help with family reunification</li><li>- Financial assistance</li><li>- Grief counseling</li></ul> <p>Program assistance includes:</p> <ul style="list-style-type: none"><li>- Loss of life of a truck driver</li><li>- Severe injury of a truck driver</li><li>- Major medical event of a truck driver</li><li>- Assisting household members of a truck driver<ul style="list-style-type: none"><li>- Mobility assistance</li><li>- Grief counseling</li></ul></li></ul>	<p>(888) 857-7871</p> <p>Email: <a href="mailto:robert@truckersfinalmile.org">robert@truckersfinalmile.org</a></p>	<p>Available 24/7</p>	<p><a href="https://www.truckersfinalmile.org/program/">https://www.truckersfinalmile.org/program/</a></p>
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