

## **Mental Health Resource Guide**

## Local Resources and Programs

Organization	Contact Information	Physical Address and Hours of Operation	Website
Genesee Health System Crisis and Access Services  Professional staff are available 24/7 to help with mental health, substance abuse, or family crises.  If a person says they are considering suicide:  Take the person seriously Stay with them and help them remove lethal means Call:  GHS 24-hour Crisis Line: (810) 257-3740  Virtual Behavioral Health Urgent Care Line: (810) 496-5500  National Suicide Prevention Lifeline: 988  Text FLINT to 741-741 to connect with a crisis counselor Escort them to mental health services or an emergency room	24/7 Crisis Phone Line: (810) 257- 3740  Toll-Free (866) 211-5455  Or  Text FLINT to 741-741 to connect with a crisis counselor  GHS Main Phone Number: (810) 257-3705	Crisis Lines: Available 24/7  GHS Main Campus/Access Center: 420 W. 5 <sup>th</sup> Avenue Flint, MI 48503  Hours:  Monday – Friday: 8:00 AM – 5:00 PM Saturday – Sunday: Closed  Walk In Behavioral Health Urgent Care 422 W. 4 <sup>th</sup> Avenue Flint, MI 48503  Hours:  Monday – Friday: 8:00 AM – 10:30 PM Saturday – Sunday: 10:00 AM – 5:00 PM	https://genhs.org/get- help-today/
Genesee Health System Children's Integrated Services Assessment Clinic (Formerly GHS NCE)  This assessment clinic 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.	Contact or go to the physical address for more information.  (810) 496-5677	GHS Center for Children's Integrated Services 1402 S. Saginaw Street, Flint, MI 48503 Hours: Monday – Friday: 8:00 AM – 5:00 PM Saturday – Sunday: Closed	https://genhs.org/cisass essment/

Youth Suicide Prevention Toolkit for Parents  Online guides and warning signs for parents concerned about a child or teenager suffering depression or suicidal thoughts. Provides multiple resources.	Online Resource	N/A	https://www.oakgov.c om/community/health/ health-a- z/information-a- z/youth-suicide- prevention-toolkit-for- parents
Easterseals Michigan  Provides comprehensive services to assist people in crisis and provide appropriate treatment for various issues. Available regardless of ability to pay.	24/7 Crisis Phone Line (800) 231-1127  Genesee County On-call Crisis Phone Line: (810) 257-3740  Phone Numbers: (800) 757-3257 (810) 238-0475	Crisis Lines: Available 24/7  Flint Office Address: 1420 West University Ave. Flint, MI 48504  Hours:  Monday: 8:00 AM - 8:00 PM Tuesday - Thursday: 8:00 AM - 5:00 PM Friday: 8:00 AM - 3:00 PM Saturday and Sunday: Closed	https://www.easterseal s.com/michigan/who- we-are/crisis- services.html https://www.easterseals .com/MORC/programs -and- services/childrens- services/
Catholic Charities of Shiawassee and Genesee Counties  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.	(810) 232-9950	Sheridan Center 901 Chippewa St Flint, MI 48503  Hours:  Monday - Tuesday: 8:00 AM - 7:00 PM Wednesday - Thursday: 8:00 AM - 5:30 PM Friday: 8:00 AM - 4:30 PM EST Saturday - Sunday: Closed	https://catholiccharities flint.org/geneseecounse ling
Domestic Violence and Sexual Assault Programs (YMCA Greater Flint)  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)	24/7 Crisis Line: (810) 238-7233  Main Line: (810) 238-7621  Email: info@ywcaflint.org	801 S Saginaw Street Flint, MI 48502 Hours: Available 24/7	https://www.ywcaflint. org/domestic- violence-sexual- assault

Hurley Mental Health Associates  One of the largest outpatient mental health clinics in Michigan that assists patients in understanding emotional and behavioral problems.	(810) 262-2100  Email: mentalhealthinfo@hurleymc. com	Hurley West Campus Building 1085 South Linden Road, Suite 150 Flint, MI 48532  Clinic Hours: Monday – Thursday: 8:00 AM - 9:00 PM Friday – Saturday: 8:00 AM - 2:00 PM Sunday: Closed	https://www.hurleymc. com/locations/hurley- mental- healthassociates/
Training and Treatment Innovations (TTI)  TTI provides clinic and community-based services to support children/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.	(810) 232-6081	929 Stevens Street Flint, MI 48506  Hours:  Monday – Friday: 8:00 AM – 5:00 PM Saturday – Sunday: Closed	https://ttiinc.org
Behavioral Health Services at Genesys Hillside Center (Ascension – Michigan)  Ascension Genesys Hillside Center for 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)	(810) 603-8800	8435 Holly Road Grand Blanc, MI 48439 Hours: Monday - Thursday: 8:00 AM - 8:00 PM Friday – Sunday : Closed	N/A
First Presbyterian Church Provides a variety of compassionate and professional counseling and psychological support to the public.	(810) 234-0500  Call to schedule an appointment.	746 Saginaw St. Flint, MI 48502	https://www.gerholz.

Outpatient Therapy & Counseling (Hope Network)  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. Services include individual, marriage & family, group counseling, child & teen therapy, LGBTQ counseling, faith-based counseling, addiction counseling, psychological testing & evaluation, animal- assisted therapy, medication services, and perinatal mental health.	(855) 922-2282	2830 Corunna Road Flint, MI 48503 Hours: Monday - Friday: 8:00 AM - 5:00 PM Saturday – Sunday: Closed	https://hopenetwork.or g/therapy-and- counseling
Counseling & Outpatient Services (Taylor Life Center) (TLC)  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.  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.	(844) 318-4893	G3169 Beecher Road, Suite 203 Flint, MI 48532 Hours: Monday - Friday: 8:00 AM - 5:00 PM Saturday - Sunday: Closed	https://taylorlifecenter. org/counseling- outpatient-services
Mental Health Services (University of Michigan Health System Regional Alliance for Healthy Schools) (RAHS)  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.  Services include mental health assessment, individual therapy, group therapy, family therapy, wellness, prevention, and substance use program.	(734) 998-2163  Email: <u>UMHS-</u> RAHS@med.umich.edu	Regional Alliance for Health Schools  KMS Building 3621 S. State Street Ann Arbor, MI 48108  Hours:  Monday - Friday: 8:00 AM - 4:00 PM Saturday - Sunday: Closed	https://umhs- rahs.org/services/beha vioral-health/

C-SAM Counseling Center  Care and counseling for families and individuals.	(810) 686-7313	740 Center St. Clio, MI 48420	N/A
Mental Health Services (LifeStance Health)  LifeStance Health is a group practice of therapists specializing in providing therapy to individuals, couples, and families of all ages and stages.  This program provides individual therapy, couples therapy, family therapy, maternal and post-partum therapy, and telehealth services.	(810) 494-7180  Call to schedule an appointment.	Fenton Clinic 1100 Torrey Road, Suite 100 Fenton, MI 48430  Hours:  Monday - Friday: 8:00 AM - 5:00 PM Saturday - Sunday: Closed	https://lifestance.com/location/fenton-mi-1100-torrey-road/#location-reviews
List Psychological Services  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.	(810) 667-4500  Call to schedule an appointment.	624 W. Nepessing Street, Suite 300 Lapeer, MI 48446  Hours:  Monday – Thursday: 8:00 AM – 9:00 PM Friday: 8:00 AM – 5:00 PM Saturday – Sunday: Closed	https://listpsych.com/o ffices-and- therapists/lapeer/
Counseling Services (Thriveworks Counseling of Michigan)  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.  This program provides individual counseling, couples counseling, marriage counseling, family counseling, and telehealth counseling.	(248) 716-7057	Thriveworks West Bloomfield 7439 Middlebelt Road, Suite 3 West Bloomfield Township, MI 48322  Hours:  Monday - Friday: 7:00 AM - 11:45 PM Saturday: 7:00 AM - 6:00 PM Sunday: 8:00 AM - 5:00 PM	https://thriveworks.co m
Mental Health First Aid Training (Genesee Health System)  You will learn to recognize the signs and symptoms of various mental health conditions and what to do until other help arrives.	(810) 257-3705 Email: Training@genhs.org	N/A	https://genhs.org/mhfa/

Teletherapy Services (Heartland Christian Mental Health Services)  Heartland's Teletherapy service provides mental health services to individuals anywhere in Michigan. Our highly trained professionals will discuss your therapy goals and help you with the process.  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.	Toll-Free: (800) 678-5500 (616) 956-9600 (TTY)	Hours: Monday - Thursday: 8:00 AM - 6:00 PM Friday: 8:00 AM - 5:00 PM Saturday - Sunday: Closed	https://www.pinerest.or g/about-us/contact-us/
Ele's Place  Healing center for grieving children and teens coping with losing a loved one.	(810) 232-3040	1188 Robert T. Longway Blvd Flint, MI 48503  Hours:  Monday – Thursday: 9:00 AM – 5:00 PM Friday: 8:00 AM – 12:00 PM Saturday – Sunday: Closed	https://www.elesplace. org/
Outpatient Substance Abuse Services (Holy Cross Services)  Provides substance abuse and mental health and outpatient counseling for individuals with co-occurring substance use and mental health disorders.	(855) 384-3278 Email: info@hccsnet.org	1030 N River Rd. Saginaw, MI 48609  Hours:  Monday - Friday: 9:00 AM - 5:00 PM Saturday - Sunday: Closed	https://holycrossservic es.org/contact/
Genesee Community Health Center (GCHC)  Complete health care for adults and children. Assists with various medical needs such as health screenings, well-child visits, mental health, substance abuse, and physicals. It also cares for multiple conditions such as diabetes, asthma, blood pressure, and cholesterol. The center also has access to lab and x-ray services.	(810) 496-5777  Or  Email: <u>info@genchc.org</u>	725 Mason Street Flint, MI 48503  Hours:  Monday – Friday: 8:00 AM – 4:30 PM Saturday – Sunday: Closed	https://www.genchc.org

Flint Odyssey House Adolescent Program (Odyssey House)  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.  Services include day treatment, intensive outpatient, individual counseling, case management, and peer recovery support services/family support.	(810) 233-8815	718 Oak Street Flint, MI 48503 Hours: Monday - Friday: 8:00 AM - 5:00 PM Saturday – Sunday: Closed	https://www.odysseyvil lage.com/
Ascension Eastwood Recovery Center (Ascension – Michigan)  Ascension Eastwood Recovery Center in Southfield, MI, provides residential treatment for men seeking recovery from addiction and mental health issues.  This program provides addiction recovery, mental health care, and detox & residential treatment. Treatment plans may include assessment of needs & goals, weekly individual therapy, daily group therapy, daily education group, recovery meetings, such as AA/NA/recovery dharma (Buddhist)/SMART (Secular), and peer coaching.	(248) 864-5200	29451 Greenfield Road Southfield, MI 48076 Hours: Monday – Friday: 8:00 AM – 5:00 PM Saturday – Sunday: Closed	https://healthcare.ascension.org/locations/michigan/mi det/southfield-ascension-eastwood-residential
Partial Hospitalization Psychiatric Program (PHP) (McLaren Health Care)  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. 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.	(517) 975-3212	McLaren Flint Behavioral Health Center 401 South Ballenger Highway Flint, MI 48532  Hours:  Monday – Friday: 8:00 AM – 5:00 PM Saturday – Sunday: Closed	https://www.mclaren.o rg/main/partial- psychiatric- hospitalization

Outpatient Treatment (Judson Center)  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.  Services provided include individual therapy, group therapy, case management, peer support, and psychiatric services.	(248) 549-4339	Judson Center Oakland 4410 West 13 Mile Road Royal Oak, MI 48073  Hours:  Monday – Friday: 9:00 AM – 5:00 PM Saturday – Sunday: Closed	https://www.judsoncen ter.org/behavioral- health/#contactform
NAMI Family Support Group (National Alliance on Mental Illness – Michigan)  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. This program provides support groups and peer support.	(800) 331-4264 Email: <u>info@namimi.org</u>	401 South Washington Square, Suite 104 Lansing, MI 48933 Hours: Monday – Friday: 9:00 AM – 4:00 PM Saturday – Sunday: Closed	https://namimi.org/our- programs/family- support-group
Help Centers (Across Flint)  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.	Wisit any of the provided addresses to receive services and additional information.  Hours of operation are below the physical address.  Bethel United Methodist Church 1309 N. Ballenger Highway Flint, MI 48504 Monday 10:00 AM – 2:00 PM  Asbury United Methodist Church 1653 Davison Rd, Flint, MI 48506 Tuesday 10:00 AM – 2:00 PM  Greater Holy Temple Church of God In Christ 6702 N. Dort Highway Flint, MI 48505 Thursday 10:00 AM – 2:00 PM		
		1653 Davison Rd, Flint, MI 48506	N/A
		<b>In Christ</b> 6702 N. Dort Highway Flint, MI 48505	
Voices for Children Advocacy Center (Genesee County Center)  Helps prevent child abuse and survivors become children again	(810) 238-3333	515 E. Street Flint, MI 48503	https://voicesforcac.or

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Deaf and Hearing-Impaired Services  Provides American Sign Language interpreters, sign language counseling, sign language classes, support groups, video relay, and other assistive devices.	(248) 473-1888  Or  Email: dhissvcs@gmail.com	2804 Orchard Lake Road, Suite 208 Keego Harbor, MI 48320	https://www.dhisinterp reting.com/
Compassionate Friends (Flint Chapter)  Self-help, bereavement support groups for parents, siblings, and grandparents.	(810) 235-5600	Hope United Methodist Church G-4467 Beecher Rd Flint, MI 48507	http://www.compassio natefriendsflint.org
Ennis Center (Genesee County Location)  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.	(810) 233-4031	129 East Third Street Flint, MI 48502	https://www.enniscent er.org/
Giesken Counseling Services  Offers counseling services for a variety of topics and circumstances.	(810) 626-5191  Email: info@gieskencounseling.com	Grand Blanc Location: 8285 S. Saginaw Road Grand Blanc, MI 48439  Clarkston Location: 8949 Dixie Highway Clarkston, MI 48350  Hours:  Monday – Friday: 8:00 AM – 9:00 PM Saturday – Sunday: Closed	https://gieskencounseling.com/
Oakland Psychological  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.	Flint Contact Info: (810) 732-0560 Grand Blanc Contact Info: (810) 695-0055	Flint Location: 2222 S. Linden Road, Suite J Flint, MI 48532  Grand Blanc Location: 10785 S. Saginaw Street Bldg. E, Suite A Grand Blanc, MI 48439	https://www.oakpsych. com

Hamilton Community Health Network (HCHN)  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.  Services provided include:  - High-quality, culturally competent, comprehensive primary care  - Supportive services such as health education, translation, and transportation  - Connections to a pharmacy, mental health, substance use disorder, and oral health services	(810) 406-4246	Burton Clinic Address: G-3375 Saginaw Street Burton, MI 48529  Hours:  Monday - Thursday: 8:00 AM - 8:00 PM Friday: 8:00 AM - 5:30 PM Saturday - Sunday: Closed	https://hamiltonchn.org
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## National Resources and Programs

988 Suicide and Crisis Lifeline  Provides 24/7 support for people in distress and offers prevention and crisis resources.	Call or Text 988 (800) 273-8255 (TTY) or Use the Website to Start a Chat  For Veterans: Dial 988, then Press 1	Available 24/7	http://988lifeline.org https://988lifeline.org/ chat/	
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