



Helpers in Your Community: Is the helper able, available and acceptable?

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| CRISIS (DISTRESS) CENTER: 800-231-1127 (Common Ground), Suicide and Crisis Lifeline: 9-8-8, 988lifeline.org | |
| SUICIDE PREVENTION CENTER: Common Ground: 32E, 1200 N Telegraph Rd, Pontiac, MI 48341/1-844-44MiCAL(64225) | |
| TEEN LINE: OK2SAY: 855-565-2729 or text 652729 | |
| RAPE/SEXUAL ASSAULT CENTER: Haven: 801 Vanguard Drive, Pontiac, MI 48341/877-922-1274 | |
| DOMESTIC VIOLENCE HOTLINE: National Domestic Violence Hotline 800-799-7233/Chat: thehotline.org | |
| SEXUAL ABUSE HOTLINE: RAINN (Rape, Abuse, & Incest National Network) 800-656-4673 | |
| CHILD ABUSE HOTLINE: National Child Abuse Hotline: 800-799-7233 | |
| POLICE: Oakland County Sheriff: 248-858-4911 | |
| PARAMEDIC EMERGENCY MEDICAL SERVICES UNIT: 911 | |
| MENTAL HEALTH CRISIS / RESPONSE: Common Ground Resource and Crisis Help Line: 800-231-1127; Youth 877-800-1650 | |
| HOSPITAL EMERGENCY SERVICES: 911 | |
| EMERGENCY SHELTERS: shelterlistings.org/county/mi-oakland-county.html | |
| YOUTH SHELTER: Matrix Off The Street- 313-285-1900/313-873-0678; The Sanctuary (Royal Oak) 1-248-547-2260 | |
| MENTAL HEALTH OUTREACH CLINIC: behavioralhealthurgentcare.org (248)983-5454 | |
| CHILDREN/YOUTH PSYCHIATRIC CLINIC: New Oakland Crisis Stabilization 800-395-3223 | |
| PRIVATE PRACTITIONERS: Therapists: psychologytoday.com; findtreatment.samhsa.gov/ | |
| MEDICAL CLINIC / GENERAL PRACTITIONER: Mercy Place- low-cost clinic in Pontiac (adults only): 248-333-0840 | |
| STD INFORMATION AND TESTING SITES: Oakland County Health 248-424-7000/National AIDS/STD Hotline 800-872-2437 | |
| CHILDREN'S SERVICES OFFICES: MDHHS- Children's Services Administration- 248-975-5400 | |
| STUDENT SERVICES: OK2SAY--Phone: 1-855-565-2729, Text: 652729, Email: ok2say@mi.gov, Download APP | |
| CHILD CARE REFERRALS: Oakland County Child Care Council: 248-424-7000 | |
| PARENT TRAINING: Oakland County Health Division: 248-424-7000, NAMI "Ending the Silence" | |
| FAMILY SUPPORT SERVICES: St. Joseph Mercy Oakland (free family support group)- 248-858.3670, NAMI's Family to Family | |
| SELF HELP GROUPS: Common Ground: commongroundhelps.org/248-456-0909; groups.psychologytoday.com | |
| SUBSTANCE ABUSE COUNSELING: ACCESS: 248-464-6363; findtreatment.samhsa.gov/ | |
| ALCOHOLICS ANONYMOUS: Alcoholics Anonymous of Oakland County Michigan: 248-332-3521 | |
| MENTAL HEALTH SERVICES: Oakland Community Health Network 248-464-6363; Wayne County CMH 800-241-4949 | |
| RELIGIOUS/SPIRITUAL SUPPORT: Interfaith Leadership Council of Metro Detroit 313-338-9777 | |
| LEGAL ASSISTANCE/VICTIM-WITNESS ASSISTANCE: Common Ground--Victim Assistance Program: 248-456-8137 | |
| COMMUNITY CORRECTIONS OFFICERS: Oakland County- Adult Probation Office 248-858-0300 (Pontiac)/ (248) 655-1100 (Troy) | |
| Other: Jewish Family Service of Metro Detroit 248 592 2313 | Other: mantherapy.org |
| Other: Finch App | Other: Virtual Hope Box (app) |
| Other: oakgov.com/SuicidePrevention | Other: SPRC.org |