

National Crisis & Prevention Lines

if you or someone you know is having thoughts of suicide or experiencing a mental health crisis, please get connected to a trained crisis counselor. Crisis counselors listen empathetically and without judgment. Your crisis counselor will work to ensure that you feel safe and help identify options and information about mental health services in your area. Lifelines can also be called if you are looking for local services in your area, how to help someone in crisis, and education on specific lifeline topics.

988 Suicide Prevention & Crisis Lifeline

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. Can assist with: individuals with neurodivergence, veterans, black mental health, maternal mental health, youth, disaster survivors, Native Americans & Alaskan Natives, loss survivors, LGBTQ+, attempt survivors, deaf, hard of hearing and hearing loss, and ayuda en Español. Also provides the Tele-Interpreters service to our crisis centers, which supports over 240 languages

Call or text: 988

Lifeline Chat: <https://988lifeline.org/chat/>

Línea de Prevención del Suicidio y Crisis: 1-888-628-9454

For Deaf & Hard of Hearing: For TTY Users: Use your preferred relay service or dial 711 then 988.

Disaster Distress Helpline: Call or Text 1-800-985-5990

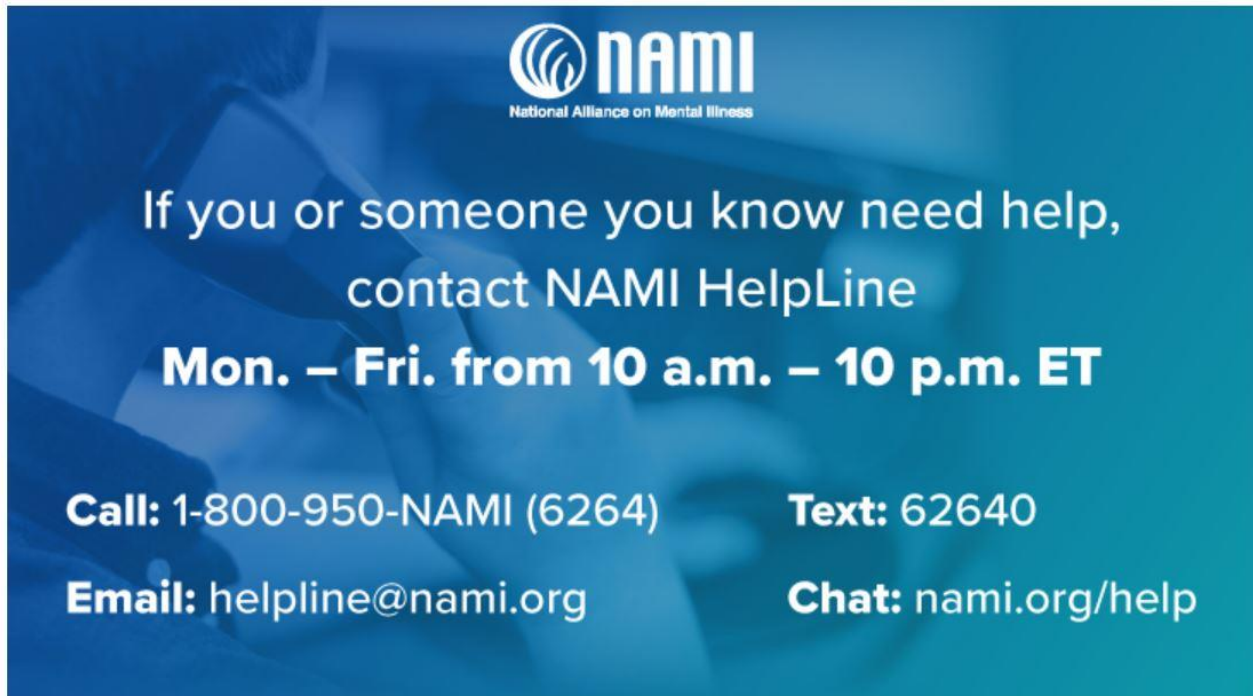
DDH Videophone for Deaf/HoH American Sign Language Users: <https://vibrant.asnow.io/app/8/10004>

Veteran Crisis Line: Call 988 or text 838255

Website: <https://988lifeline.org/>

NAMI (National Alliance on Mental Illness)

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness. Through NAMI, you can learn about warning signs of mental health, mental health disorders, types of treatment, etc.

A blue graphic with a background image of hands holding a smartphone. At the top center is the NAMI logo, which consists of a stylized circular icon with three curved lines inside, followed by the text 'nami' in a bold, lowercase sans-serif font, and 'National Alliance on Mental Illness' in a smaller font below it. Below the logo, the text 'If you or someone you know need help, contact NAMI HelpLine' is written in a white, sans-serif font. Underneath that, 'Mon. – Fri. from 10 a.m. – 10 p.m. ET' is written in a larger, bold, white, sans-serif font. At the bottom, there are four contact options arranged in two columns: 'Call: 1-800-950-NAMI (6264)', 'Text: 62640', 'Email: helpline@nami.org', and 'Chat: nami.org/help'. All contact information is in a white, sans-serif font.

National Domestic Violence Hotline

24 hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse. Contacts to The Hotline can expect highly-trained, expert advocates to offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.

Call 800-799-SAFE (7233)

Text: text START to 88788

Chat: <https://www.thehotline.org/get-help/>

Website: <https://www.thehotline.org/>

National Sexual Assault Hotline

Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services within your area. Crisis chat support is available at Online Hotline. Free help, 24/7. The hotline will help provide support by finding a local health facility that is trained to care for survivors of sexual assault and offers services like sexual assault forensic exams, explaining local and state laws, and assist with basic medical concerns.

Call: 800-656-HOPE (4673)

Chat: https://hotline.rainn.org/online?_ga=2.88576923.1252628932.1680020708-618697737.1680020708

Website: <https://www.rainn.org/>

RAIIN Mobile App: The RAINN app gives survivors of sexual violence and their loved ones access to support, self-care tools, and information to help manage the short- and long-term effects of sexual violence. Available on Android and Apple.

<https://www.rainn.org/new-rainn-mobile-app-offers-survivors-loved-ones-another-option-support>

Trevor Project (LGBTQ+ Hotline):

Trevor Project provides LGBTQ+ youth (ages 13 – 24) with 24/7 crisis counseling via phone, text, and chat. Education, research, and statistics about mental health and LGBTQ+ issues can be found on the Trevor Project website.

Call: 1-866- 488-7386

Text: Text START to 678-678

Chat: <https://www.thetrevorproject.org/get-help/>

TrevorSpace: Where LGBTQ young people can build an online support network by meeting new friends, joining clubs, sharing hobbies, getting advice, and starting discussions with a group of like-minded people. <https://www.thetrevorproject.org/visit-trevorspace/>

Website: <https://www.thetrevorproject.org/>

SAMHSA (Substance Abuse and Mental Health Service Administration)

The SAMSHA hotline is confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

Call: 1-800-487-4889

1-800-662-HELP (4357) (also known as the Treatment Referral Routing Service)

Also visit the [online treatment locator](#), or send your zip code via text message: 435748 (HELP4U) to find help near you. Read more about the [HELP4U text messaging service](#). <https://www.samhsa.gov/find-treatment>

Website: <https://www.samhsa.gov/>

Disaster Distress Helpline

The Disaster Distress Helpline is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual (100 languages), and confidential crisis support service is available to all residents in the United States and its territories. Crisis support available for those who have experienced: incidents of mass violence, and anniversary/trigger events. tornadoes, severe storms, hurricanes, tropical storms, floods, wildfires, earthquakes, drought,

Call or text: 1-800-985-5990

ASL: <https://vibrant.aslnow.io/app/8/10004>

State Crisis Lines

Sexual Assault & Abuse Crisis Line

If you or a loved one has experienced a sexual assault, you may want to talk with someone. Michigan's Sexual Assault Hotline has trained advocates available to listen without judgment and offer support to you 24/7. The hotline is confidential. This means that we will not share your information. It is also anonymous. You don't have to share your name or personal information. The information that you do share with us, stays with us. If your experience of sexual violence was 4 hours ago or 40 years ago, we are available to listen to you. We offer immediate crisis counseling and referrals to local service providers - regardless of your identity. More resources available such as: information about assault and abuse, health options when assaulted or abused, legal options and rights, and how to help a survivor.

Call: 1-855-864-2374

Text: 1-866-238-1454

Chat: www.mcedsv.org/hotline/hotline-chat/

Common Ground

Common Ground is a 24-hour crisis services agency dedicated to helping youths, adults and families in crisis. It is both a crisis line, an in-person emergency service facility, and provides tele-health urgent care.

Call: 1-800-231-1127

Website: <https://commongroundhelps.org/>

The State of Michigan Mental Health Resources

Michigan Healthcare Coverage Assistance

This site will help you find application forms and information about state insurances, prescription services, hospital compare, home and community-based services, and more. Healthcare coverage information available for: Adults, children, teens, disabled persons, seniors, and pregnant women.

Website: <https://www.michigan.gov/mdhhs/assistance-programs/healthcare>

Michigan Healthcare Coverage Assistance:

The state of Michigan will help provide Mental health services for adults who have a mental illness, children and youth who have an emotional disturbance, and persons who have a developmental disability. Scroll to bottom to find information about state operated inpatient psychiatric hospitals, mental health programs & practices for adults, and other community mental health services.

Website: <https://www.michigan.gov/mdhhs/keep-mi-healthy/mentalhealth/mentalhealth>