

Community Resources

Common Ground 248-456-0909
Crisis Line: 800-231-1127 (Call or text)
Crisis chat: commongroundhelps.org

CRISIS CENTER

National Suicide Prevention Lifeline- 800-273-8255
Press '1' if you are a veteran
Spanish: 1-888-628-9454
Online Chat: suicidepreventionlifeline.org
Crisis Chat Line
Text "HOME" to 741741

SUICIDE PREVENTION LIFELINE

Call: 1-800-273-8255, Press 1
Text: 828255
Online Chat: veteranscrisisline.org

VETERAN'S CRISIS LINE

The Trevor Project Lifeline: LGBTQ Resource

Call: 1-866-488-7386
Visit: thetrevorproject.org

Trans Lifeline

US: (877) 565-8860
Canada: (877) 330-6366
Visit: Translifeline.org
Affirmations: 248-398-7105

LGBTQ+ RESOURCES

Ok2Say
Call: 8-555-OK2SAY (855-565-2729)
Text: 652729 (OK2SAY) *
Email: OK2SAY@mi.gov
Download app

SCHOOL STUDENT SERVICES

Haven: 877-922-1274
National Domestic Violence Hotline: 800-799-7233
Chat: thehotline.org

DOMESTIC VIOLENCE HOTLINE

RAINN- Rape, Abuse, & Incest National Network:
800-656-4673

SEXUAL ABUSE HOTLINE

National Child Abuse Hotline 800-799-7233
Children's Protective Services 855-444-3911

CHILD ABUSE HOTLINE

Oakland County Sherriff 248-858-4911
911 for emergencies

POLICE

findtreatment.samhsa.gov/
Therapists.psychologytoday.com
Call the number on the back of your insurance card
Openpathcollective.com (lower cost local therapy)

PRIVATE PRACTITIONERS

Common Ground: 248-456-0909
Resource and Crisis Helpline: 800-231-1127
Youth Mobile Crisis Team: 877-800-1650

MENTAL HEALTH CRISIS

Matrix Off the Street 313-285-1900/313-873-0678
The Sanctuary (Royal Oak) 1-248-547-2260

YOUTH SHELTER

Oakland County Health 248-424-7000
National AIDS/STD Hotline 800-872-2437

AIDS INFORMATION AND TESTING SITES

MDHHS- Children's Services Administration- 248-975-5400

CHILDREN'S SERVICES OFFICES

Oakland County Child Care Council
248-333-9545

CHILD CARE REFERRALS

Oakland County Health Division 248-424-7000
Oakgov.com/SuicidePrevention
NAMI's "Ending the Silence"

PARENT TRAINING

Oakland County's Nurturing Parent Program
St. Joseph Mercy Oakland 248-858.3670
NAMI's Family to Family
Oakland County Youth Assistance: 248- 858-0050

FREE FAMILY SUPPORT SERVICES

Common Ground 248-456-0909
groups.psychologytoday.com

SELF HELP GROUPS

ACCESS number (248) 464-6363
findtreatment.samhsa.gov/

SUBSTANCE ABUSE COUNSELING

AA – 24 hour 248-332-3521
SMART Recovery: www.smartrecovery.org/
SOS: www.sossobriety.org/

ALCOHOLICS ANONYMOUS

Oakland Community Health Network
ACCESS number (248) 464-6363

PUBLIC MENTAL HEALTH SERVICES

Havenwyck Hospital: 800-401-2727

PRIVATE MENTAL HEALTH HOSPITAL

Interfaith Leadership Council of Metro Detroit 313-338-9777

RELIGIOUS/SPIRITUAL SUPPORT

Common Ground- Victim Assistance Program- 248-456-8137

LEGAL ASSISTANCE/VICTIM-WITNESS ASSISTANCE

Oakland County- Adult Probation Office
248-858-0300 (Pontiac)/ (248) 655-1100 (Troy)

PROBATION OFFICERS

HealthyMenMichigan.org
<https://mantherapy.org/>

MENTAL HEALTH RESOURCES FOR MEN

SPRC.org

SUICIDE PREVENTION RESOURCES

Virtual Hope Box

MENTAL HEALTH APP

New Oakland Family Centers- (800) 395-3223
Henry Ford Health System Partial Hospitalization Program- (313) 640-2637
Havenwyck Partial Hospitalization Program- 800-401-2727

ALTERNATIVES TO INPATIENT PSYCHIATRIC HOSPITALIZATION