Mental Health Resource Sheet

National Suicide Prevention Help Line: **800-273-TALK (8255)**

Veterans Crisis Text Line offers immediate assistance for veterans, **text 838255**
[www.veteranscrisisline.net](http://www.veteranscrisisline.net/)

Crisis Text Line offers 24-hour crisis text support, **text HOME to 741741**
[www.crisistextline.org](http://www.crisistextline.org/texting-in/)

**U-M Psychiatric Emergency Services Crisis Phone service**: 734-936-5900 available 24 hours / 7

**U of M Emergency Mental Health and Psychiatry Services** (PES) provides emergency/urgent walk-in evaluation and crisis phone services available 24 hours a day, 7 days a week, for people of all ages. Psychiatric Emergency Services is located at 1500 E. Medical Center Drive Floor B1, Room A240 Ann Arbor, MI 48109. Please use the Emergency Department entrance.

**Michigan Crisis and Access Line (MiCal)** -1-844-44MICAL (64225) or Text Serving Oakland County. Online resources at [HOME (force.com)](https://mcal-prod.force.com/mical/s/)

**DHHS Mental Health Resources** [Coronavirus - Mental Health Resources (michigan.gov)](https://www.michigan.gov/coronavirus/0%2C9753%2C7-406-98178_99557---%2C00.html) Staywell Counseling Line -1888-535-6136 24/7

**Michigan Warmline** 1-888-733-7753**.** Certified Peers/Recovery Coaches available from 10 am - 2am / 7 days a week

**Oakland County Community Mental Health Authority**

248-464-6363 (24/7)

**Livingston County Community Mental Health Authority** 517-546-4126 (24/7)

**Michigan 211** is an easy way to connect with help of all kinds, right in your community. Need help with food, housing, or paying bills? Need support in a family crisis or community disaster? We’re here for you. Anytime. All the time. Just call, text, or search online and well get you connected. [www.mi211.org](http://www.mi211.org)

*“*Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver*.” – Barbara De Angelis*