

## National and Local Youth Mental Health Resources

Developed by We Need to Talk

### IN AN EMERGENCY OR CRISIS

<b>For assistance in an emergency situation</b>
Dial 911 or go to closest ER
<b>Common Ground Resource and Crisis Center (Oakland County)</b>
800-231-1127
<b>New Oakland 24 Hour Crisis Stabilization</b>
877-800-1650
<b>Macomb County Crisis Services</b>
<b>Children's Mobile Crisis:</b> 586-307-9100/ <b>Macomb County Access Center:</b> 855-99-MCCMH
<b>The Children's Center Crisis Center (Wayne County)</b>
313-324-8557

<b>National Suicide Prevention Lifeline</b>
<b>1-800-273-TALK (8255)</b> ( <i>press 1 for veterans, 2 for Spanish</i> )
<b>Crisis Text Line</b>
Text HOME to 741741

### DOMESTIC VIOLENCE, ABUSE, AND SEXUAL ASSAULT RESOURCES

<b>National Child Abuse Hotline</b>
1-800-4-A-CHILD (1-800-422-4453)
<b>National Domestic Violence Hotline</b>
1-800-799-SAFE (7233) 1-800-787-3224 (hearing impaired line)
<b>Michigan Child Protective Services Centralized Intake</b>
855-444-3911
<b>Turning Point Macomb (Domestic and Sexual Violence)</b>
24-Hour Hotline: 586-463-6990
<b>First Step Wayne County (Domestic and Sexual Violence)</b>
24-Hour Hotline: 734-722-6800

<b>National Sexual Assault Hotline</b>
1-800-656-HOPE (4673)
<b>RAINN (Rape, Abuse &amp; Incest National Network)</b>
1-800-656-HOPE (4673) <a href="http://www.rainn.org">www.rainn.org</a>
<b>Haven of Oakland County (Domestic and Sexual Violence)</b>
24-HR Crisis and Support 248-334-1274/877-922-1274

### CHILDREN & YOUTH RESOURCES

If you are in need of additional help identifying and navigating available resources, please call JHELP at 1-833-44-JHELP

a. Services for Runaway and At-Risk Youth

**National Runaway Safeline**

1-800-621-4000

**Alternatives For Girls**

Shelter for homeless girls and young women (15-21 years). Contact the Alternatives For Girls Crisis Resource Center at 888-AFG-3919.

**Common Ground Sanctuary**

Common Ground operates a free and safe 24-hour shelter for at-risk youth. The Sanctuary offers a 3-week residential program, out-patient counseling, and provides trauma-informed care to youth and families in crisis. The goal of this program is family reunification. To learn more, call 1-248-547-2260.

b. Children and Youth Mental Health and Substance Abuse Services

**Jewish Family Service of Metropolitan Detroit**

[www.jfsdetroit.org](http://www.jfsdetroit.org)

248.592.2313

**We Need To Talk**

[www.wn2t.org](http://www.wn2t.org)

**Oakland Community Health Network**

<https://www.oaklandchn.org/>

248-464-6363

**Detroit Wayne Integrated Health Network**

<https://www.dwihn.org/>

1-800-241-494

**Macomb County Community Mental Health**

<https://www.mccmh.net/>

855-99-MCCMH

**RESOURCES FOR SPECIAL POPULATIONS**

Gay, Lesbian, Bisexual, Transgender Support Resources

If you are in need of additional help identifying and navigating available resources, please call JHELP at 1-833-44-JHELP

**GLBT National Help Center**

1-888-843-4564  
[www.glnh.org](http://www.glnh.org)

**GLBT National Youth Talkline**

1-800-246-PRIDE (1-800-246-7743)  
[www.glnh.org/talkline](http://www.glnh.org/talkline)

**Trevor Project Crisis Line – LGBTQ Youth**

1-866-4-U-TREVOR (488-7386)  
[www.theTrevorProject.org](http://www.theTrevorProject.org)

**Affirmations-Ferndale**

<https://goaffirmations.org/>

248-398-7105

**Ruth Ellis Center-Detroit**

<https://www.ruthelliscenter.org/>

313-252-1950

**SELF-HELP RESOURCES AND GROUPS**

*Find a time and location of a meeting.*

**Alcoholics Anonymous**

[www.aa.org/pages/en\\_US/find-aa-resources](http://www.aa.org/pages/en_US/find-aa-resources)

**National Domestic Violence Hotline**

[www.al-anon.alateen.org/local-meetings](http://www.al-anon.alateen.org/local-meetings)

**National Domestic Violence Hotline**

[www.draonline.org](http://www.draonline.org)

**Narcotics Anonymous**

1-888-GET-HOPE (438-4673) (Hopeline)  
[www.na.org/meetingsearch](http://www.na.org/meetingsearch)

**Nar-Anon Family Groups**

[www.nar-anon.org/find-a-group](http://www.nar-anon.org/find-a-group)

**Friendship Circle**

<https://www.friendshipcircle.org/>

(248) 788-7878

**Henry Ford SandCastles Grief Support Program for Children and Families**

<https://aboutsandcastles.org/>

(313) 771-7005

If you are in need of additional help identifying and navigating available resources, please call JHELP at 1-833-44-JHELP

## EATING DISORDER SUPPORT

The National Eating Disorder Association (NEDA) runs a free, confidential hotline with instant messaging and texting options.

### Online Chat

<https://www.nationaleatingdisorders.org/help-support/contact-helpline>

Monday—Thursday 9am—9pm ET

Friday 9am—5pm ET

### Call

**(800) 931-2237**

Monday—Thursday 11am—9pm ET

Friday 11am—5pm ET

*Translation services are available on the phone.*

### Text

**(800) 931-2237**

Monday—Thursday 3pm—6pm ET

Friday 1pm—5pm ET

*Standard text messaging rates may apply.*

### Crisis Text Line

**If you are in a crisis and need help immediately, text “NEDA” to 741741** to be connected with a trained volunteer at Crisis Text Line. Crisis Text Line provides free, 24/7 support via text message to individuals who are struggling with mental health, including eating disorders, and are experiencing crisis situations.

If you are in need of additional help identifying and navigating available resources, please call JHELP at 1-833-44-JHELP