

# Manistee County mental health and suicide prevention resources



Centra Wellness Community Mental Health & Children's Mobile Crisis ..... **877.398.2013**

- Services up to age 18.
- Operates 24/7.
- Access services by calling Community Mental Health directly at **877.398.2013**.

For further county resources, visit: **centrawellness.org**

## Emergency

**\*\*If there is an immediate risk or fear of safety, please go to the nearest emergency department\*\***

Emergency .....	<b>911</b>
Manistee County Sheriff's Office .....	<b>231.723.8393</b>
National Suicide Prevention Lifeline.....	<b>988</b> or Text "Start" to <b>988</b>
.....	Española: <b>988</b> (Press Option 2)
.....	TTY: Dial <b>711</b> then <b>988</b>
.....	Chat at <b>988lifeline.org</b>
.....	Native & Strong Lifeline: <b>988</b> (Press Option 4)
Corewell Health Grand Rapids Hospitals – Helen DeVos Children's Hospital .....	<b>616.267.1680</b>
Corewell Health Ludington Hospital Emergency.....	<b>231.845.2390</b>
Munson Healthcare Manistee Hospital .....	<b>231.398.1000</b>
Pine Rest Psychiatric Urgent Care – 300 68th St., Grand Rapids, MI.....	<b>616.455.9200</b>
Pine Rest Christian Hospital Crisis Line.....	<b>800.678.5500</b>
Forest View Hospital 24/7 Crisis Services.....	<b>616.942.9610</b>
The Trevor Project Crisis Line for LGBTQ Youth .....	<b>866.488.7386</b> or Text "start" to <b>678.678</b>
Trans Lifeline.....	<b>877.565.8860</b>

## Counseling/Outpatient - Local agencies

Psychology Today – Michigan.....	<b>psychologytoday.com/us/therapists/michigan</b>
BetterHelp – Online counseling service .....	<b>betterhelp.com</b>
Corewell Health Psychiatric Clinic – 2750 E. Beltline Ave. NE .....	<b>616.447.5820</b>
Pine Rest Christian Mental Health .....	<b>866.852.4001</b>
Catholic Human Services .....	<b>231.723.6321</b>
Mental Wellness Counseling.....	<b>231.714.0282</b>
Northwest Michigan Health Services.....	<b>231.398.2258</b>
Corewell Health Children's Behavioral Health – 1545 68th St. SE (Youth Behavioral Health Clinic) .....	<b>616.447.5820</b>
Corewell Health Addiction Clinics (care for patients 13 years & up).....	<b>616.391.6120</b> (Press option 1)

## Other helpful resources

Mental Health Information and Referrals .....	<b>211</b>
Self-Injury Crisis Hotline .....	<b>800.366.8288</b>
RAINN National Sexual Assault Hotline.....	<b>800.656.4673</b>
Domestic Violence Hotline.....	<b>800.799.7233</b>
Substance Abuse & Mental Health Services Hotline .....	<b>800.662.4357</b>
Veteran's Crisis Line .....	<b>988</b> (Press Option 1) or text <b>988</b>
Michigan Warmline (10-2 a.m. everyday) .....	<b>888.733.7753</b>
National Alliance on Mental Health (NAMI).....	<b>nami.org</b>
SMART Recovery Support Group .....	<b>meetings.smartrecovery.org</b>