

Mason County mental health and suicide prevention resources



West Michigan CMH & Children's Mobile Crisis **800.992.2061**
• Services all ages. • Access services by calling West Michigan CMH (Mason)
• Operates 24/7. directly at **231.845.6294**.
For further county resources, visit: **wmcmhs.org**

Emergency

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

Emergency **911**
Mason County Sheriff's Office **231.843.3475**
National Suicide Prevention Lifeline **988** or Text "Start" to **988**
..... Española: **988** (Press Option 2)
..... TTY: Dial **711** then **988**
..... Chat at **988lifeline.org**
..... Native & Strong Lifeline: **988** (Press Option 4)
Corewell Health Grand Rapids Hospitals – Helen DeVos Children's Hospital **616.267.1680**
Corewell Health Ludington Hospital Emergency **231.845.2390**
Pine Rest Psychiatric Urgent Care (300 68th St., Grand Rapids, MI) **616.455.9200**
Pine Rest Christian Hospital Crisis Line **800.678.5500**
Forest View Hospital 24/7 Crisis Services **616.942.9610**
Children's Protective Services **855.444.3911**
The Trevor Project Crisis Line for LGBTQ Youth **866.488.7386** or Text "start" to **678.678**
Trans Lifeline **877.565.8860**

Counseling/Outpatient - Local agencies

Psychology Today – Michigan **psychologytoday.com/us/therapists/michigan**
BetterHelp – Online counseling service **betterhelp.com**
Counseling Center of West Michigan **616.805.3660**
Pine Rest Christian Mental Health **866.852.4001**
Corewell Health Psychiatric Clinic – 2750 E. Beltline Ave. NE **616.447.5820**
Toby Wessel **231.690.9742**
Serenity Point Counseling **231.425.3180**
Jan Smallwood **630.835.4046**
Michael Whitehead **231.233.0115**
Harbor Counseling **231.845.2827**
Lighthouse Associates **231.425.4414**
Northern Clinical Diagnostics **231.845.2900**
Rhythm of Life Counseling **231.690.9637**
Peace of Mind Counseling **231.936.1128**
Return to Wholeness **517.231.6550**
Corewell Health Children's Behavioral Health – 1545 68th St. SE (Youth Behavioral Health Clinic) **616.447.5820**
Corewell Health Addiction Clinics (care for patients 13 years & up) **616.391.6120** (Press option 1)

Other helpful resources

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