

Ottawa County mental health and suicide prevention resources



Ottawa County CMH & Children's Mobile Crisis.....**866.512.4357**
• Services up to age 18. • Access services by calling Ottawa County CMH
• Operates Monday - Friday, 5 p.m. - midnight. directly at **616.494.5590**.
For further county resources, visit: **miottawa.org/Health/CMH**

Emergency

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

Emergency.....	911
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 Zeeland Hospital Emergency.....	616.772.4644
Holland Hospital Emergency.....	616.392.5141
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
Momentum Center (Grand Haven & Holland).....	momentumcentergh.org
Counseling Center of West Michigan.....	616.805.3660
Corewell Health Psychiatric Clinic – 2750 E. Beltline Ave. NE.....	616.447.5820
Bethany Christian Services – Holland.....	800.238.4269
Catholic Charities of West MI – Holland.....	616.796.9595
Arbor Circle.....	616.456.6571
Pine Rest Christian Mental Health.....	866.852.4001
Mosaic Counseling (formerly TCM Counseling).....	616.842.9160
Holland Behavioral Health.....	616.355.3926
Beacon of Hope.....	616.594.5380
Midtown Counseling.....	616.594.7135
North Kent Guidance Services – Coopersville.....	616.361.5001
Be Better.....	616.844.8896
Hope & Wholeness Psychology Center.....	616.795.0298
The Shoreline Center.....	616.935.7606
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