

# Wexford County mental health and suicide prevention resources



Community Mental Health-Northern Lakes Community Mental Health.....	<b>231.775.3463</b>
• Childrens Mobile Crisis Unit-(24/7) .....	<b>833.295.0616</b>
The Family Assessment Safety Team (FAST) will respond to the Childrens Mobile Crisis Unit requests. After hours they partner with Child & Family Services for mobile needs. They can go to schools to partner with concerning situations if needed.	
• Crisis Line.....	<b>833.295.0616</b>
• Northern Lakes Community Mental Health serves six counties-Grand Traverse home office ( <b>231.922.4850</b> )/ Leelanau, Roscommon ( <b>989.366.8500</b> ), Missaukee/Wexford ( <b>231.775.3463</b> ) and Crawford ( <b>989.348.8522</b> )	
• For further resources contact <b><a href="http://northernlakescmh.org">northernlakescmh.org</a></b>	

## Emergency

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

Emergency .....	<b>911</b>
Wexford County Sheriff.....	<b>231.779.9211</b>
Cadillac City Police Department.....	<b>231.775.3491</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 Reed City Hospital.....	<b>231.832.7105</b>
Corewell Health Big Rapids Hospital.....	<b>231.796.8691</b>
Cadillac Hospital.....	<b>231.876.7200</b>
Munson Medical Center.....	<b>231.935.5000</b>
Pine Rest Christian Hospital Crisis Line.....	<b>800.678.5500</b>
Forest View Hospital 24/7 Crisis Services.....	<b>616.942.9610</b>
Children's Protective Services.....	<b>855.444.3911</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><a href="http://psychologytoday.com/us/therapists/michigan">psychologytoday.com/us/therapists/michigan</a></b>
BetterHelp – Online counseling service.....	<b><a href="http://betterhelp.com">betterhelp.com</a></b>
Pine Rest Christian Mental Health.....	<b>866.852.4001</b>
Corewell Health Psychiatric Clinic – 2750 E. Beltline Ave. NE.....	<b>616.447.5820</b>
Northern Lakes Community Mental Health.....	<b>231.775.3463</b>
Kari Schmidt L.P.C.....	<b>231.250.8281</b>
Paddock Counseling PLLC.....	<b>231.884.0028</b>
Life Skills Psychological Services.....	<b>231.775.6517</b>
Acorn Health.....	<b>231.272.2349</b>
Family Supportive Services.....	<b>231.846.4783</b>
Lakeshore Community Counseling.....	<b>231.878.3059</b>
Catholic Human Services.....	<b>231.775.6581</b>
Resilience Behavioral Health.....	<b>231.285.0005</b>
Manton Schools Counseling.....	<b>231.306.3010</b>
Lake City Wellness Center-Lake City Schools.....	<b>231.282.9039</b>
Traverse City Crisis Center.....	<b>231.213.1050</b>
Staircase Youth Services.....	<b>231.843.3200</b>
Catholic Social Services (Substance Use Tx. 14years+).....	<b>231.775.3425</b>
LifeSkills Psychological Services.....	<b>231.775.6517</b>
Hope Network Cadillac.....	<b>231.775.3425</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 and 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><a href="http://nami.org">nami.org</a></b>
SMART Recovery Support Group.....	<b><a href="http://meetings.smartrecovery.org">meetings.smartrecovery.org</a></b>