

# Missaukee County mental health and suicide prevention resources



Northern Lakes CMH FAST Crisis Response ..... **833.295.0616** ask for FAST  
• Crisis services are available to any person of any age experiencing a crisis, regardless of insurance or ability to pay. • Operates 24/7.

For further county resources, visit: [northernlakescmh.org/crisis/](https://northernlakescmh.org/crisis/)

## Emergency

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

Emergency .....	<b>911</b>
Missaukee County Sheriff's Office .....	<b>231.839.4338</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 Emergency Department .....	<b>231.832.7110</b>
Munson Hospital Cadillac Emergency Department .....	<b>231.876.7200</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>
Children's Protective Services .....	<b>855.444.3911</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>
Cadillac Family Counseling .....	<b>231.876.0694</b>
Catholic Human Services .....	<b>231.723.6321</b>
Hough Counseling and Assessments .....	<b>989.505.6591</b>
Life Skills Psychological Services, PC .....	<b>231.775.6517</b>
Oasis/Family Resource Center .....	<b>231.775.7233</b>
Northern Lakes Community Mental Health – Cadillac .....	<b>231.775.3463</b>
Northern Lakes Community Mental Health – Houghton Lake .....	<b>989.366.8550</b>
Northern Lakes Community Mental Health – Grayling .....	<b>989.348.8522</b>
Northern Lakes Community Mental Health – Traverse City .....	<b>231.922.4850</b>
Paddock Counseling .....	<b>231.884.0028</b>
Pine Rest Christian Mental Health Traverse City .....	<b>231.947.2255</b>
Roland Professional Counseling .....	<b>989.402.4072</b>
Third Level Crisis Intervention Center, Inc. ....	<b>231.922.4800</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>