

Gratiot County mental health and suicide prevention resources



Gratiot Integrated Health Network and Youth Mobile Crisis.....**989.463.4971** or **800.622.5583**

- Services youth ages 0-21
- Operates everyday 8 a.m. to 8 p.m.

- Emergency Services Available 24/7 **800.622.5583**
- Access services by calling Gratiot Integrated Health Network directly at **989.466.4192**

For further county resources, visit: **gihn-mi.org**

Emergency

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

Emergency	911
Gratiot County Sheriff's Office	989.875.5211 or 877.472.8468
Michigan State Police – Lakeview Post No. 64.....	989.352.8444
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 Greenville Hospital Emergency	616.225.6580
Sheridan Community Hospital Emergency Department.....	989.291.6350
Sparrow Carson Hospital Emergency Department	989.584.0975
Gratiot County Crisis Response Team (CISM).....	989.463.4971/ 800.622.5583
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
Our Mental Health Collective.....	ourmhc.org/all-listings/
LifeStance Health – Online Therapy Services.....	lifestance.com
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 and up).....	616.391.6120
Center of Hope Counseling, Mt. Pleasant.....	989.954.4673
Equine Assisted Wellness of Mid Michigan – St Johns.....	989.331.0793
Family Health Psychiatric & Counseling Center – Alma	989.463.2779
Headspace Counseling Services- Mt. Pleasant.....	517.657.3533
Gratiot Integrated Health Network – Outpatient Services.....	989.463.4971
Michigan Psychological Care – Alma.....	989.292.3572
Next Step Holistic Counseling Center – Alma	989.289.7761
Ten Sixteen Recovery Network (Teen Mental Health and Addiction) Mt. Pleasant.....	989.775.0604

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Other helpful resources

Mental Health Information and Referrals.....	211
Self-Injury Crisis Hotline.....	800.366.8288
VOICES4 Hotline – Sexual Assault, Domestic Violence, Human Trafficking	855.VOICES4 (864.2374)
.....	Text 866.238.1454
.....	Chat at mcedsv.org/hotline/hotline-chat
RAINN National Sexual Assault Hotline	800.656.4673
Domestic Violence Hotline.....	800.799.7233
Substance Abuse & Mental Health Services Hotline	800.662.4357
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
Now Matters Now	nowmattersnow.org
Childhelp National Child Abuse Hotline	Call or text 800.422.4453