

Isabella County mental health and suicide prevention resources



CMH for Central Michigan (CMHCM) and Children's Mobile Crisis.....**989.772.5938** or **800.317.0708**

- Services up to age 18
- Operates Mon to Fri 8 a.m. to 10 p.m.
- Access services by calling CMHCM (Isabella) directly at **989.317.3330**

For further county resources, visit: **cmhcm.org**

Emergency

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

Emergency.....	911
Isabella County Sheriff's Office.....	989.772.5911
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 Big Rapids Hospital Emergency.....	231.796.8691
McLaren Central Michigan Emergency.....	800.671.1453
Listening Ear-Provides immediate support, information and referrals 24/7.....	Isabella 989.772.2918
.....	Clare 989.386.2774
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
Center of Hope Counseling.....	989.654.4673
Chapters Counseling, LLC.....	989.546.2038
Christian Counseling of Mid Michigan.....	989.317.4664
CMH Central Michigan – Mt. Pleasant.....	989.772.5938
Community Counseling Associates – Mt. Pleasant.....	989.773.0222
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
Family Health Psychiatric & Counseling Center – Alma.....	989.463.2779
Headspace Counseling Services.....	517.657.3533
Inspire Counseling and Wellness.....	989.444.3209
Meaningful Change Clinical & Consultation Psychology – Mt. Pleasant.....	989.824.6565
Michigan Psychological Care – Alma.....	989.292.3572
Next Step Holistic Counseling Center – Alma.....	989.289.7761
New Mind Counseling Services.....	989.824.2374
Partners in Change – Mt. Pleasant.....	989.832.2165
Perspectives Psychological Associates of Mid-Michigan.....	989.486.3021
Pleasant Psychology.....	989.613.7800
Ten16 Recovery Network – Mt. Pleasant.....	989.631.0241

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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