Recovery & Mental Health Resources
STATE OF MICHIGAN
(by county)

**UPPER PENINSULA**

North Care Network (Alcona, Alpena, Antrim, Benzie, Charlevoix, Cheboygan, Crawford, Emmet, Grand Traverse, Iosco, Kalkaska, Leelanau, Manistee, Missaukee, Montmorency, Ogemaw Oscoda, Otsego, Presque Isle, Roscommon, Wexford)
1(800)305-6564 Available 24 hours a day, 7 days a week

Great Lakes Recovery Centers: 1-906-228-9696  www.greatlakesrecovery.org

**LOWER PENINSULA**

Northern Michigan Regional Entity (Alcona, Alpena, Antrim, Benzie, Charlevoix, Cheboygan, Crawford, Emmet, Grand Traverse, Iosco, Kalkaska, Leelanau, Manistee, Missaukee, Montmorency, Ogemaw Oscoda, Otsego, Presque Isle, Roscommon, Wexford)
1(800)834-3393 Available 24 hours a day, 7 days a week

**Mid Michigan**

Lakeshore Regional Entity (Allegan, Kent, Lake, Mason, Muskegon, Oceana, Ottawa)
1(800)897-3301 Available 24 hours a day, 7 days a week

Mid-State Health Network (Arenac, Bay, Clare, Clinton, Eaton, Gladwin, Gratiot, Hillsdale, Huron, Ingham, Ionia, Jackson, Mecosta, Newago, Saginaw, Shiawassee, Tuscola, 1(844)405-3095 Available 24 hours a day, 7 days a week

Region 10 (Genesee, Lapeer, Sanilac, St. Clair)
1(888)225-4447 Available 24 hours a day, 7 days a week

**South East**

Community Mental Health Partners of SE MI (Livingston, Monroe, Washtenaw)
1(800)440-7548 Available 24 hours a day, 7 days a week

Oakland County Community Mental Health Authority (Oakland)
1(248)464-6363 Available 24 hours a day, 7 days a week

Macomb County Community Mental Health Services (Macomb)
1(586)948-0222 Available 24 hours a day, 7 days a week

Detroit Wayne Mental Health Authority (Wayne/Detroit)
1(800)241-4949 Available 24 hours a day, 7 days a week

**South West**

Southwest Michigan Behavioral Services (Barry, Berrien, Branch, Calhoun, Cass, Kalamazoo, St. Joseph, Van Buren)
1(800)781-0353 Available 24 hours a day, 7 days a week

*Call 911 IMMEDIATELY if anyone experiences loss of consciousness, difficulty breathing, or any signs of physical or mental distress.
Recovery & Mental Health Resources

National Resources

CALL 1-800-662-HELP (4357) or Visit FindTreatment.gov

SAMHSA Substance Abuse and Mental Health Services Administration

NIH National Institute on Alcohol Abuse and Alcoholism

Visit: DRUGABUSE.GOV

Campus Drug Prevention
www.campusdrugprevention.gov

Veterans Crisis Line
1-800-273-8255 PRESS 1

www.veteranscrisisline.net
1-800-273-8255 dial 1

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

www.suicidepreventionlifeline.org
1-800-273-8255

Youth Line Peer to Peer 4-10pm PST let's talk. 877.968.8491
teen2teen to 839863

The Poison Help Hotline Available 24/7/365
Free, Confidential, and Expert Advice
www.mipoisonhelp.org

POISON Help 1-800-222-1222