

## Need Immediate Help in a Crisis?

[National Suicide Prevention Lifeline](#) – Call 800-273-TALK (8255)

If you or someone you know is in crisis—whether they are considering suicide or not—please call the toll-free Lifeline at 800-273-TALK (8255) to speak with a trained crisis counselor 24/7.

The [National Suicide Prevention Lifeline](#) connects you with a crisis center in the Lifeline network closest to your location. Your call will be answered by a trained crisis worker who will listen empathetically and without judgment. The crisis worker will work to ensure that you feel safe and help identify options and information about mental health services in your area. Your call is confidential and free.

[Crisis Text Line](#) – Text NAMI to 741-741

Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

[National Domestic Violence Hotline](#) – Call 800-799-SAFE (7233)

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.

[National Sexual Assault Hotline](#) – Call 800-656-HOPE (4673)

Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Crisis chat support is available at [Online Hotline](#). Free help, 24/7.

## Mental Health and Counseling Contacts:

[Catholic Charities of Southeast Michigan](#)

Family, marital and substance use disorder counseling  
248-548-4044

[CNS Healthcare](#)

Mental health and substance use disorders services for children (7-17) and adults  
800-615-0411

[Common Ground](#)

24-hour resource/crisis helpline, confidential counseling and short-term psychiatric care  
800-231-1127 - Resource and Crisis Helpline  
248-456-8150 - Administrative Offices

[Oakland County Health Network](#)

Mental health services for adults and children with serious mental illness, emotional disturbances and developmental disabilities  
248-858-1210  
800-341-2003 - Customer Service

[Make the Connection](#)

Online resource to connect Veterans, their family members and friends, and other supporters with information, resources, and solutions

[HAVEN](#)

24-hour crisis/support line, counseling and support groups  
248-334-1274

### [Easterseals Michigan](#)

Adult mental health services  
800-395-9819

### [Oakland Family Services](#)

Therapeutic treatment for children and adults with a diagnosed mental illness or issues related to substance use disorder

248-544-4004 - Berkley

248-858-7766 - Pontiac

248-853-0750 - Rochester Hills

248-624-3812 - Walled Lake

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## A little more about these resources...

A graphic with a blue background and a faint image of a person's face. In the top right corner is the NAMI logo, which consists of a stylized circular icon and the text "NAMI National Alliance on Mental Illness". The main text is centered and reads: "If you or someone you know needs help, contact NAMI HelpLine Mon. – Fri. from 10 a.m. – 10 p.m. ET 1-800-950-NAMI (6264) OR info@nami.org".

**NAMI**  
National Alliance on Mental Illness

If you or someone you know needs help,  
contact NAMI HelpLine  
Mon. – Fri. from 10 a.m. – 10 p.m. ET

**1-800-950-NAMI (6264)**  
OR  
**info@nami.org**

### [www.nami.org/Home](http://www.nami.org/Home)

The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance.

- They understand, many from their own experiences, listen and offer support.
- They are informed on NAMI Programs, NAMI Support Groups and how to locate your local NAMI Affiliate.
- They are trained to help identify the best resource options for your individual concern.
- They are knowledgeable and a source of accurate information about relevant topics.
- They care.

The NAMI HelpLine is unable to provide mental health counseling, advice, personal advocacy or referrals to mental health providers or lawyers. The NAMI HelpLine does not provide individual casework, legal representations or any type of individual advocacy.

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[commongroundhelps.org/programs/](http://commongroundhelps.org/programs/)

## **List of Programs**

### **24/7 Resource and Crisis Helpline/Text/Chat**

Call [1.800.231.1127](tel:18002311127) to speak with our professionally trained Helpline volunteers. Common Ground can empower you with crisis related information and referrals to local services. For general inquiries, please call [1-248-451-2600](tel:12484512600).

### **The Empower Initiative**

This program provides educational activities through a variety of expressive modalities, focused on mental health awareness, and addressing common dynamics facing children and families.

### **Growth & Healing Support Group**

This free 10-week empowerment group is for girls who have experienced sexual abuse, date rape, or incest. This group usually meets on Mondays. To register or learn more, call [1.248.451.2623](tel:12484512623).

### **Survivors of Homicide Victims Support Group**

This free 10-week program uses structured topics and guest speakers to provide support for those facing the loss of a loved one due to homicide. This group usually meets 7 to 9 pm on Wednesdays at our Administration Building in Bloomfield Hills, Michigan. This is a closed group after the second session, so prior registration helps ensure cohesiveness. To register or learn more, call [1.248.451.2622](tel:12484512622).

### **Domestic Violence Support Group**

This is a free 10-week open support group for women ages 18 and older, with similar experiences related to domestic violence to connect, gain support, and become empowered in a safe environment. This group usually meets on Thursdays. To register or learn more, call [248.451.2621](tel:2484512621).

### **Survivors of Suicide Loss Support Groups**

We provide outreach, support, and information for those who have lost a loved one to suicide in your choice of two ways. First, we offer open support group sessions to offer you comfort, strength, and hope in the company of fellow survivors and trained peer facilitators. Open group usually meets 7 to 9 pm on the first and third Mondays of the month. Lastly, we offer individual support sessions which are available by appointment. They provide space for a person or a family to share their loss, learn about surviving the suicide loss of a loved one, and discover more about local and national resources. To register, schedule an appointment, or learn more, call [1.248.451.2613](tel:12484512613).

### **Victim Assistance Program**

Common Ground provides 24-hour access to advocates for victims of ANY violent crime; domestic and sexual abuse, robbery, stalking, human trafficking, etc . We offer on-site advocacy, crisis intervention, personal protection order assistance, and accompaniment of victims to hospitals, police stations, and court rooms. To learn more, call [1-248-451-2600](tel:12484512600).

### **Legal Clinic**

Twice weekly, our unique team of volunteer attorneys and crisis counselors offers personalized legal advice combined with emotional support, free of cost. Please note that this program is currently paused due to COVID-19, we will resume in the future once it is safe.

## **Becoming a Love & Logic Parent®**

Join other parents for a 6-week parenting workshop that combines education, parent support, group discussions, and workbook activities. Call [1.248.456.8150](tel:1.248.456.8150) to register and pay \$25 pp fee.

## **Mobile Crisis Intervention & Recovery Teams**

Our mobile teams provide recovery oriented crisis intervention to people throughout Oakland and Genesee Counties. Service is available regardless of income, insurance, or permanent residence. To learn more, please call the Resource and Crisis Center at [1-248-451-2600](tel:1-248-451-2600).

## **Walk-In Assessment & Crisis Intervention**

At the Resource & Crisis Center in Pontiac, Michigan, Common Ground provides trauma-informed, recovery focused, face-to-face assessment, crisis intervention and stabilization services to individuals, including children, 24 hours a day, seven days a week. We focus on problem-solving and assertive crisis resolution strategies tailored to each person's specific needs. Visit us today. For General information, please call [1-248-451-2600](tel:1-248-451-2600).

## **Crisis Residential Unit**

We offer a short-term (1 to 14 day) voluntary alternative to inpatient psychiatric hospitalization for adults ready to actively participate in a trauma-informed, recovery focused treatment environment. Services include psychiatric medication review, group therapy, skills groups, recovery coaching, art therapy, and coordinated discharge planning. Note – Admission to the Crisis Residential Unit requires prior authorization through our Oakland Assessment Crisis Intervention Services (OACIS). To learn more, please call the Resource and Crisis center at [1-248-451-2600](tel:1-248-451-2600).

## **Sober Support Unit**

The Sober Support Unit is a 23-hour program designed to monitor individuals who need detoxification services and have no health risks associated with the withdrawal process. The Sobering Center will emphasize peer and social support programming while continuously monitoring medical condition. The goal of the program is de-escalation of the individual with peer support and appropriate follow up referrals. This is a voluntary program staffed by paramedics, peer support specialists, and nurses.

## **The Sanctuary**

Common Ground operates a free and safe 24-hour shelter for at-risk youth, aged 10-17. The Sanctuary offers a 3-week residential program, out-patient counseling, and provides trauma-informed care to youth and families in crisis. The goal of this program is family reunification. To learn more, call [1.248.547.2260](tel:1.248.547.2260).

## **A Step Forward**

We operate a safe and home-like transitional living shelter where homeless youth (ages 16-17) may stay for up to two years while they attend school and maintain employment. Designed for youth seeking self-sufficiency, this program also offers counseling, job training, career development, educational assistance, financial subsidies, and medical assistance. To learn more, call [1.248.547.2260](tel:1.248.547.2260).

## **Graduated Apartment Program**

The Graduated Apartment Program (GAP) provides independent living services for youth ages 18-24 years old who are experiencing homelessness. GAP offers up to 24 months of housing, case management, counseling, and educational and employment support to help people develop a greater level of self-sufficiency, interpersonal skills and housing readiness. To learn more, call [1.248.547.2260](tel:1.248.547.2260).

## **The Mentoring Program**

This youth-centered program exists to provide up to 12 months of community based mentoring for youth survivors of commercial sexual exploitation, or youth identified as at-risk for being commercially sexually exploited. The mentoring relationship gives youth the opportunity to identify and work towards personal goals and establish healthy relationships. For more information, call 248-547-2260 or email [Mentoring@CGHelps.org](mailto:Mentoring@CGHelps.org). Click the link below in order to receive updates regarding this program:



*Developmental Disabilities • Mental Health • Substance Recovery*

[www.oaklandchn.org](http://www.oaklandchn.org)

#### OCHN Service Information

- [Autism](#)
- [Developmental Disabilities](#)
- [Mental Health](#)
- [Serious Emotional Disturbance](#)
- [Substance Use Disorders](#)

#### Specialty Mental Health Services

- [Access, Eligibility, and Screening](#)
- [Complex Case Management](#)
- [Employment Supports](#)
- [Housing Support](#)
- [Integrated Healthcare](#)
- [Justice Initiatives](#)
- [Veterans Referral](#)



[www.cnshealthcare.org](http://www.cnshealthcare.org)

We are a private non-profit human services agency that provides comprehensive behavioral health services. CNS Healthcare is a certified community behavioral health clinic (CCBHC) and offers a wide spectrum of community-based support services, psychiatry, medication management, psychotherapy, nursing services, and case management.



Oakland Family Services offers the best of modern, research-based care to help people get back on a path to a brighter future. Our counseling services provide people with the skills to overcome mental health challenges, such as depression, anxiety and addiction. For teens with serious emotional disturbances, we teach skills that help manage emotions so they can achieve their goals at home, at school and with friends. Therapeutic treatment is offered to children and adults as individuals and in family groups to overcome their problems. The goal is to plan and carry out treatment that increases the ability to function and improves relationships at home, work, and school and in other activities of daily life.

[www.oaklandfamilyservices.org/overview](http://www.oaklandfamilyservices.org/overview)



[ccsem.org/behavioral-health-counseling/](http://ccsem.org/behavioral-health-counseling/)

### **Help for a Variety of Behavioral Needs**

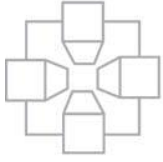
Services are available regardless of race, religion, age, gender, disability, national origin, or income. Providing help and giving hope with family life cycle concerns like:

- Anxiety, depression, and obsessive-compulsive disorder
- Anger management
- Substance abuse and addiction behaviors
- Adoption
- Pregnancy
- Marital challenges, pre-marriage counseling
- Relationship conflicts (school, family, work)
- Court-ordered counseling
- Attention Deficit Disorders (ADHD)
- Problems resulting from unemployment
- Aging issues
- Life changes
- Stress management
- Grief and loss
- Illness or chronic illness adjustments
- Adolescent/childhood problems
- Loneliness or inability to socially interact
- School-related problems
- Domestic violence, abuse or neglect of children
- Work/industry issues

### **Advanced and Effective Treatment Services**

Our outpatient treatment services are offered in a comfortable, relaxing environment where counseling is customized to your specific need. We serve individuals from the age of 3 to seniors and their families. Our broad range of services includes:

- Assessment sessions
  - Children and Adolescent Specialty Service
  - Independent Living
  - Attention Deficit Hyperactivity Disorder (ADHD) Counseling and Support Groups
  - Employee Assistance Program
  - Child Mental Health Services
  - Adjunctive Psychiatric Services
  - Parent Education
  - Family Counseling and Step or Blended Family Counseling
  - Group Counseling
  - Educational Services on Specific Subject Matters (please call for more information)
  - Marital Therapy
  - Substance Abuse Counseling
  - Counseling
    - Depression, Anxiety, Stress
    - Marriage, Family
    - Adjustment Disorders
    - Post Traumatic Stress Disorder (PTSD)
    - Substance Use Disorders
    - Co-Occurring Disorders
    - Anger Management
    - Behavior Issues
    - Grief and Loss Counseling
    - Traumatic Events
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# HAVENWYCK HOSPITAL

[www.havenwyckhospital.com/programs/](http://www.havenwyckhospital.com/programs/)

Havenwyck Hospital offers a full continuum of care through a series of personalized programs and services that address the psychiatric needs of individuals ages 3 through adulthood. To aid patients in better focusing on their journey toward health and well-being, our facility has been divided into six distinct units.

**We provide treatment through the following specialized programs:**

- Adult Inpatient
- Child & Adolescent Inpatient
- Residential Impulse Disorder Program
- Partial Day Hospital Program for Children, adolescent and adults
- Co-occurring substance abuse treatment for adolescents and adults

If you or a loved one are struggling with psychiatric, emotional and/or behavioral issues, please call us at **800-401-2727** for a no-cost, confidential assessment. We cannot offer diagnosis, counseling or recommendations online, but professionals are available to speak with you 24 hours a day, seven days a week.

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