



MICHIGAN POISON & DRUG  
INFORMATION CENTER  
WAYNE STATE UNIVERSITY



# Recovery & Mental Health Resources

STATE OF MICHIGAN  
(by county)

## UPPER PENINSULA

**North Care Network** (Alger, Baraga, Chippewa, Delta, Gogebic, Houghton, Iron, Keweenaw, Luce, Mackinac, Marquette, Menominee, Ontonagon, Schoolcraft)  
**1(800)305-6564 Available 24 hours a day, 7 days a week**

Great Lakes Recovery Centers: 1-906-228-9696 [www.greatlakesrecovery.org](http://www.greatlakesrecovery.org)

## LOWER PENINSULA

### Northern 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 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**

### 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**



**\*Call 911 IMMEDIATELY if anyone experiences loss of consciousness, difficulty breathing, or any signs of physical or mental distress.**



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### National Resources



CALL 1-800-662-HELP(4357)  
or  
Visit: [FindTreatment.gov](http://FindTreatment.gov)



National Institute on Alcohol  
Abuse and Alcoholism

Visit: [DRUGABUSE.GOV](http://DRUGABUSE.GOV)

Campus Drug Prevention

[www.campusdrugprevention.gov](http://www.campusdrugprevention.gov)



[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

1-800-273-8255 dial 1



People can call or text 988 or chat [988lifeline.org](http://988lifeline.org) for themselves or if they are worried about a loved one who may need crisis support.

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](http://www.mipoisonhelp.org)

