



## Recovery & Mental Health Resources

STATE OF MICHIGAN  
(by county)

### UPPER PENINSULA

**North Care Network** -All counties in the Upper Peninsula of Michigan

**Customer Service: Toll-free (888) 333-8030/Local (906) 225-7254** 8:00 am to 4:30 pm M-F (after-hour referrals)

**Substance Use Disorder: Toll-free (800) 305-6564/ Local (906) 225-7222** 8:00 am to 4:30 pm M-F (after-hour referrals)

**Mental Health Services: Toll-free (888) 906-9060/ Local (906) 225-4433** 8:00 am to 5:00 pm M-F (after-hour referrals)

### 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 8:30 am to 4:30 pm Monday - Friday. Referrals after hours and on weekends and holidays.**

#### Mid Michigan

**Lakeshore Regional Entity: 24/7 Access Phone Numbers:**

Kent (616) 336-3909

Ottawa (616) 393-5698

Allegan (888) 354-0596

Muskegon (231) 724-1111 Lake (231) 745-4659

Oceana (231) 873-2108 Mason (231) 845-6294

**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 (After 5:00 pm & weekends-referrals)**

#### South East

**Community Mental Health Partners of SE MI**

(Livingston, Monroe, Washtenaw)

**1(800)440-7548 Available 9:00 am to 5:00 pm**

**Monday-Friday**

**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**

SCAN ME



More Resources

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



MICHIGAN POISON & DRUG  
INFORMATION CENTER  
WAYNE STATE UNIVERSITY

MiPDC Coalition for  
Poison Prevention



## Recovery & Mental Health Resources

### 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  
7-11 pm EST

**let's talk.**

**877.968.8491**  
teen2teen to 839863

SCAN ME



More Resources



**Poison Help Hotline**

**1-800-222-1222**

Available 24/7/365

**Free, confidential, non-judgmental, and expert advice**

