

#wishyouknew

washtenaw

# Local Resources

For when 10 deep breaths won't fix it.

Have any mental health questions or needs? Call the Washtenaw County CARES line at 734-544-3050.

If you feel suicidal, call or text 988 for the Suicide and Crisis Lifeline.

If you're in immediate danger, call 911 or go to your nearest emergency room.

Organization	Programs	Contact	Ages Served
<u>Catholic Social Services of Washtenaw County</u>	Adult individual & group counseling, family programs	734-926-0155	12+
<u>Comer Health Center</u>	Counseling, psychiatry, stress management, LGBTQ+ support, bullying support, eating disorders	734-484-3600	12-25 & their children
<u>Dawn Farm</u>	Outpatient, residential, detox, transitional housing	734-669-8265	13+
<u>EMU Counseling Clinic</u>	Counseling & therapy for EMU students and community members	734-487-4410	5+
<u>EMU Psychology Clinic</u>	Psychological & testing services for Ypsilanti & surrounding region	734-487-4987	all ages
<u>Home of New Vision</u>	24/7 Engagement Center, recovery services, recovery housing	734-975-1602	14+
<u>Hope Clinic</u>	Individual counseling and therapy for uninsured individuals	734-484-2989	18+
<u>Jewish Family Services of Washtenaw County</u>	Individual counseling for adults and youth	734-769-0209	12+
<u>National Alliance on Mental Illness (NAMI) Washtenaw County</u>	Peer-led support groups, educational programs, and advocacy	734-994-6611	18+
<u>Ozone House</u>	Crisis line, counseling, shelter, residential programs, LGBTQ+ support, community center	24/7 text and phone line: 734-662-2222 Drop-in center: 734-485-2222	10-20
<u>Packard Health</u>	Therapy, psychiatry, and outpatient Medication Assisted Therapy (MAT) services	734-971-1073	Therapy and psychiatry - 12+, MAT - 18+
<u>Psychology Today</u>	Search local therapists by insurance accepted, issues, age, gender, language & more	psychologytoday.com /therapists	all ages
<u>Regional Alliance for Healthy Schools (RAHS)</u>	Counseling in Ypsilanti and Ann Arbor school-based health centers	734-998-2163	5-21
<u>Safehouse Center</u>	Support for those impacted by domestic violence or sexual assault	24/7 phone line: 734-995-5444	14+ & their children
<u>Trinity Health Ann Arbor Hospital</u>	Psychiatry, substance use disorder services, partial-hospitalization	734-712-3456	Inpatient: 12+ Outpatient: all ages
<u>Trinity Health Chelsea Hospital</u>	Outpatient therapy & psychiatric services, adult inpatient services	734-593-6000	Inpatient: 18+ Outpatient: all ages
<u>Michigan Medicine Hospital Psychiatric Services</u>	Adult & child inpatient programs, emergency evaluation services	734-936-5900	all ages
<u>U-M Center for the Child and Family</u>	Mental health services for children, adolescents, and families	734-764-9466	Under 18
<u>U-M Psychiatry</u>	Therapy, psychiatry services, support groups	734-764-0231	all ages
<u>Washtenaw County Community Mental Health (CMH)</u>	24-hour crisis services & mobile crisis team, assistance navigating mental health care services	24/7 phone line: 734-544-3050	all ages
<u>Washtenaw Health Project</u>	Need help finding a therapist who speaks your language?	Call 734-544-3079 or email whp@washtenaw.org	all ages