

EMERGENCY NUMBERS (SOUTHEAST MICHIGAN)

PSYCHIATRIC EMERGENCY, IMMINENT

If you or a loved one is having thoughts, voicing threats, or acting as though they may intentionally or unintentionally harm themselves or someone else within the day:

- Call 911

PSYCHIATRIC EMERGENCY, NEED HELP WITHIN THE NEXT COUPLE OF DAYS

- Call the 24-hour-crisis psychiatric hotline in your county:
 - Macomb County: (586) 307-9100
 - Oakland County: (800) 231-1127
 - Wayne County: (800) 241-4949

ANONYMOUS CRISIS PHONE SUPPORT

If you are having thoughts of cutting yourself, or have been sexually assaulted (whether recently or a long time ago):

- Call The Listening Ear (517) 337-1717; www.TheEar.org

ANONYMOUS CRISIS TEXT SUPPORT

If you are in any sort of crisis, and would rather text someone than speak on the phone:

- Text the Crisis Text Line, simply by texting anything at all to 741-741

HELP GETTING YOUR BASIC NEEDS MET

- Food
- Housing
- Employment
- Childcare
- Transportation
- Health Services
- Senior Services
- United Way:
 - Dial 211
 - (800) 543-7709
 - (651) 291-0211
 - Online: www.referweb.net/uwjc/ { ← type out the entire URL to avoid being redirected to the incorrect company }

DRUG OR ALCOHOL ADDICTION

- Partnership for Drug Free America: (800) 467-2452
- SEMCA: (800) 686-6543