



MENTAL HEALTHCARE CRISIS RESOURCES

[Emergency Crisis Care](#) | [Local Resources](#) | [Abuse Reporting & Resources](#)
[Children's Resources](#) | [LGBTQ+ Resources](#) | [Postpartum Resources](#)

TEXT OR DIAL 9-8-8 FOR EMERGENCY & CRISIS MENTAL HEALTHCARE

The 988 Suicide & Crisis Lifeline provides confidential and free emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States.

No matter your challenges, if you need someone to lean on for emotional support, call or text 988 the Suicide & Crisis Lifeline at 988 to reach a trained counselor who can help you cope.

People call to talk about lots of things: Substance abuse, suicidal ideation, economic worries, relationships, depression & anxiety, mental & physical illness, and feeling lonely.

If you or someone you know is experiencing a mental health crisis, call or text 9-8-8.

TEXT 741-741 FOR HELP IN CRISIS

The Crisis Text Line is a free text service to support those who are in crisis. The service is available 24 hours a day, 7 days a week.

Text 741-741 from anywhere in the U.S. to text with a trained Crisis Counselor.



DEARBORN PUBLIC HEALTH

DETROIT WAYNE INTEGRATED HEALTH NETWORK (DWIHN) 24-HOUR HELPLINE

DWIHN staff provide screening services by phone and if needed, will connect those in need of support with a clinician the next business day to complete the assessment.

After 8 p.m. and on weekends, DWIHN provides the following services by phone:

- Transfers to the mental health crisis line
- Dispatch of Children's Crisis Teams from emergency departments
- Assistance scheduling hospital discharge follow-up appointments
- Substance Use Disorder screenings

Call [1-800-241-4949](tel:1-800-241-4949) for local mental health support. For [more information](#) or to complete an [online screening](#), visit DWIHN.org.

24/7 THERAPY & SUPPORT: REACH US DETROIT

Individuals who are 14 years and older who are struggling with their mental or emotional health can connect with trained behavioral health specialists through Reach Us Detroit.

Specialists provide assessments, regardless of their ability to pay for services, and will connect them to mental and behavioral health services for little or no cost.

Call or text 313-488-HOPE (4673) for therapy and support services. For more information, visit ReachUsDetroit.org.



DEARBORN PUBLIC HEALTH

ADULT CRISIS SCREENING: COMMUNITY OUTREACH FOR PSYCHIATRIC SERVICES

Community Outreach for Psychiatric Services (COPE) is a 24-hour provider that offers Crisis Stabilization Units (CSUs) for adults in crisis with up to 23 consecutive hours of supervised care to help de-escalate the severity of the crisis and provide urgent behavioral healthcare to avoid unnecessary hospitalizations.

Call [844-296-2673](tel:844-296-2673) or visit COPE at 22505 Schoolcraft in Livonia.

CRISIS SCREENING: TEAM WELLNESS CENTER

Team Wellness Center is a 24-hour program that provides coordination of care with community providers, housing referrals, meals, transportation, medication management, peer support, and crisis evaluation and care for adults experiencing mental and behavioral health challenges. Team Wellness also offers 23-hour hold safe care and monitoring for those experiencing crises.

Call [313-331-3435](tel:313-331-3435) or visit Team Wellness at 6309 Mack in Detroit.



ABUSE, ASSAULT & VIOLENCE REPORTING RESOURCES

NATIONAL DOMESTIC VIOLENCE HOTLINE

The National Domestic Violence Hotline provides crisis support to survivors of domestic violence.

Call 1-800-799-7233 or text LOVE IS to 22522 for help and support.

NATIONAL SEXUAL ASSAULT HOTLINE

The National Sexual Assault Hotline provides crisis support to survivors of sexual violence.

Call 1-800-656-HOPE (4673) or visit Hotline.RAINN.org/Online to chat with trained specialists for support in crisis.

NATIONAL CHILD ABUSE HOTLINE

The National Child Abuse Hotline provides crisis support to survivors and loved ones of children experiencing abuse.

Call 1-800-4ACHILD (1-800-422-4453) or text 1-800-422-4453 for support.



CHILDREN'S MENTAL HEALTHCARE CRISIS RESOURCES

MOBILE CRISIS SUPPORT SERVICES

Mobile Crisis Services supports children and adolescents during mental and behavioral health crises, 24 hours a day, 7 days a week. This service is provided by New Oakland Family Centers and the Guidance Center and is connected through the DWIHN Access Center and 9-1-1 dispatch.

Call 1-800-241-4949 for crisis healthcare for children and young people.

CRISIS SCREENING FOR CHILDREN: THE GUIDANCE CENTER

The crisis screening program through the Guidance Center provides timely assessments for at-risk children who are experiencing acute, chronic, or severe mental and behavioral health episodes. Once assessed for need, services may be arranged through this point of entry, including short-term crisis intervention/stabilization, case management, residential care, short- or long-term hospitalization, or enrollment in other local mental healthcare programs.

Call 734-785-7700 during regular business hours or call 800-241-4949 after hours for support. Visit [Guidance-Center.org](https://www.guidance-center.org) for more information.



DEARBORN PUBLIC HEALTH

STABILIZATION SERVICES FOR CHILDREN: NEW OAKLAND FAMILY CENTERS (NOFC)

NOFC provides intensive crisis stabilization services (ICSS) 27 hours a day, seven days a week to children ages 17 and under.

Call [1-800-877-1650](tel:1-800-877-1650) for support or visit NewOakland.org for more information.

CHILDREN'S PSYCHIATRIC URGENT CARE: HEGIRA HEALTH

Children ages 6 – 17 years of age can receive same-day psychiatric care at Hegira Health in Lincoln Park. The program provides same-day assessments/intake, crisis services for existing Detroit Wayne Integrated Health (DWIHN) members, psychiatric evaluations, medication reviews, medication injections, nursing assessments, and peer support specialist connections.

Hegira Health's Psychiatric Urgent Care is open Monday through Friday, 8 a.m. to 6 p.m. at 26184 West Outer Drive in Lincoln Park.

Call [313-398-7500](tel:313-398-7500) for more care information.

NATIONAL CHILD ABUSE HOTLINE

The National Child Abuse Hotline provides crisis support to survivors and loved ones of children experiencing abuse.

Call [1-800-4ACHILD](tel:1-800-4ACHILD) (1-800-422-4453) or [text 1-800-422-4453](tel:1-800-422-4453) for support.



SPECIALIZED CRISIS CARE - LGBTQ+ RESOURCES

SUPPORT FOR LGBTQ+ YOUTH & YOUNG PEOPLE: THE TREVOR PROJECT

The Trevor Project IS the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ+) young people under age 25. The Trevor Lifeline is a crisis intervention and suicide prevention phone service available 24/7.

Call [1-866-488-7386](tel:1-866-488-7386) or text "START" to [678678](tel:678678) for support.

SUPPORT FOR THE TRANS COMMUNITY: TRANS LIFELINE

Trans Lifeline is a national trans-led 501(c)(3) organization dedicated to improving the quality of trans lives by responding to the critical needs of the community with direct service, material support, advocacy, and education. Their peer support hotline is run by and for trans people.

The line is available daily from 10 a.m. – 4 a.m. EST. Volunteers may be available during off hours.

Call [877- 565-8860](tel:877-565-8860) or visit [TransLifeline.org](https://www.TransLifeline.org) for support.



SPECIALIZED CRISIS CARE - POSTPARTUM RESOURCES

SUPPORT FOR MOMS: POSTPARTUM SUPPORT INTERNATIONAL

New moms experiencing depression or anxiety can receive in-the-moment support and help through the Postpartum Support International (PSI) network. PSI provides a hotline, text line, and 14 different online support groups available five days a week to connect with other new mothers.

PSI also offers support and resources for women who have experienced a miscarriage or infant loss.

The PSI hotline provides support in both English and Spanish 7 days a week between the hours of 8 a.m. and 11 p.m.

Call 1-800-944-4773 or text "HELP" to 800-944-4773 for support in English (text 971-203-7773 for support in Spanish).