

# Macomb County Crisis Center

**(586) 307-9100**

voice/TDD/collect/  
alternative languages

# Macomb County Crisis Center

**(586) 307-9100**

The Macomb County Crisis Center is dedicated to helping people help themselves with any problem, anytime.

\*

Trained telephone counselors are always just a phone call away, ready to listen.

\*

The Crisis Center keeps current information on a variety of services in Macomb County.

\*

Callers who are not comfortable speaking English may ask for their own language. Callers will then be placed on hold and connected with an interpreter.

\*

All services provided by the Crisis Center are free of charge.

## Telephone Crisis Counseling

\*

## Information and Referrals

\*

## Suicide Prevention

\*

## Community Education

\*

## Volunteer Program

\*

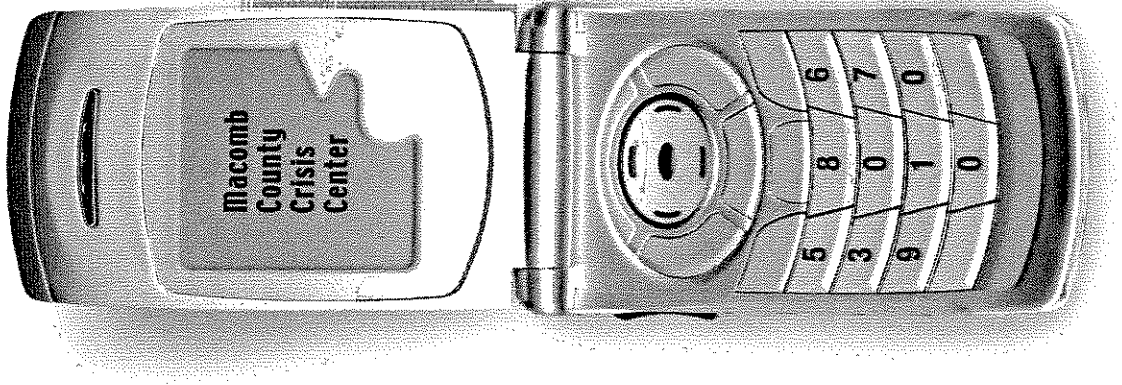
## Crisis Center services are free

\*

## 24 hours a day / 7 days a week



The programs and services of Macomb County Community Mental Health are supported and funded, in part, by the Macomb County Board of Commissioners and the Michigan Department of Community Health, and are administered by the Macomb County Community Mental Health Board. MCCMH is a CARF accredited organization.



## Telephone Crisis Counseling



Your call to the Crisis Center is confidential and private, and you do not have to give your name. Specially trained telephone counselors are available 24 hours a day / seven days a week to:

**Listen**  
to your concerns

\*  
**Explore**  
available options

\*  
**Offer**  
information about  
community services

**Macomb County  
Crisis Center**  
**(586) 307-9100**

Voice/TDD/collect/  
alternative languages

## Community Programs



### **Survivors of Suicide**

**SOS** is a professionally led grief support program designed to assist families and individuals who have lost someone to suicide. The program includes support groups and workshops.

### **Macomb Emergency Response Group**

**MERG** offers specially trained crisis teams who respond to community disasters and traumatic incidents affecting groups of people.

### **Educational Presentations**

The Crisis Center offers free educational presentations to community groups, schools and public agencies on

**Suicide Prevention**  
and  
**Sexual Assault Prevention**

## Information and Referral



You do not have to be in a crisis to call the Crisis Center. If you need current information about available services in Macomb County, call anytime.

## Volunteer Opportunities



Volunteers play a valuable role at the Crisis Center. They receive approximately 45 hours of specialized training in crisis intervention and related topics. To volunteer, please call the Crisis Center and request an application.

## Telephone Crisis Counseling

Your call to the Crisis Center is confidential and private, and you do not have to give your name. Specially trained telephone counselors are available 24 hours a day / seven days a week to:

- Listen**  
to your concerns
- \* **Explore**  
available options
- \* **Offer**  
information about  
community services

## Community Programs

**Survivors of Suicide**  
**SOS** is a professionally led grief support program designed to assist families and individuals who have lost someone to suicide. The program includes support groups and workshops.

### Macomb Emergency Response Group

**MERG** offers specially trained crisis teams who respond to community disasters and traumatic incidents affecting groups of people.

### Educational Presentations

The Crisis Center offers free educational presentations to community groups, schools and public agencies on

**Suicide Prevention**  
and  
**Sexual Assault Prevention**

## Information and Referral

You do not have to be in a crisis to call the Crisis Center. If you need current information about available services in Macomb County, call anytime.

## Volunteer Opportunities

Volunteers play a valuable role at the Crisis Center. They receive approximately 45 hours of specialized training in crisis intervention and related topics. To volunteer, please call the Crisis Center and request an application.

**Macomb County  
Crisis Center  
(586) 307-9100**

voice/TDD/collect/  
alternative languages



# LOOKING FOR HELP...

## **American Amputee Foundation**

[www.americanamputee.org](http://www.americanamputee.org)

1-501-835-9290

- Provides amputee, their families and care providers information to make informed decisions by offering information, referrals, peer counseling, self-help literature and education

## **American Stroke Association**

[www.strokeassociation.org](http://www.strokeassociation.org)

1-888-478-7653

- Provides funding for scientific research, helps people better understand and avoid stroke, encourages government support, guides healthcare professionals and provides information and education to enhance the quality of life for stroke survivors

## **Amputee Coalition**

[www.amputee-coalition.org](http://www.amputee-coalition.org)

1-888-267-5669

- Provides advocacy and education, publishes a magazine and offers training and a hotline for individuals with limb loss and their caregivers

## **Brain Injury Association**

[www.biausa.org](http://www.biausa.org)

1-800-444-6443

- Provides education, advocacy, research opportunities, support and support groups to brain injury survivors, their families and the people who serve them

## **Brain Injury Association of Michigan**

[www.biami.org](http://www.biami.org)

1-810-229-5880

- Provides education, advocacy, research opportunities, support and support groups to brain injury survivors, their families and the people who serve them

## **Bridges 4 Kids**

[www.bridges4kids.org](http://www.bridges4kids.org)

- Provides disability information, national resources/websites and support groups

## **Children and Adults with Attention Deficit/Hyperactivity Disorder**

[www.chadd.org](http://www.chadd.org)

1-301-306-7070

- Offers support group meetings, local resource information and public and parent education

### **Children's Hemiplegia and Stroke Association**

[www.chasa.org](http://www.chasa.org)

- Provides assistance, information and counseling to families of children who have hemiplegia, hemiparesis or hemiplegic cerebral palsy

### **Children's Leukemia Foundation of Michigan**

[www.leukemiamichigan.org](http://www.leukemiamichigan.org)

1-800-825-2536

- Statewide organization that provides information, financial assistance and emotional support to Michigan families affected by leukemia, lymphoma and related blood disorders

### **Easter Seals**

[www.mi.easterseals.com](http://www.mi.easterseals.com)

1-800-221-6827

- Provides exceptional services, education, outreach and advocacy so that people living with autism and other disabilities can live, learn, work and play in the community

### **Epilepsy Foundation Michigan**

[www.epilepsymichigan.org](http://www.epilepsymichigan.org)

1-248-351-7979

- Provides camps, conferences, support and advocacy for those with epilepsy

### **Greater Detroit Agency for the Blind & Visually Impaired**

[www.gdabvi.org](http://www.gdabvi.org)

1-313-272-3900

- Provides education for children with vision loss and their families and offers summer camps and youth programs

### **Leader Dogs for the Blind**

[www.leaderdog.org](http://www.leaderdog.org)

1-248-651-9011

- Provides guide dogs to people who are blind and visually impaired to enhance their mobility, independence and quality of life

### **Learning Disabilities Association of Michigan**

[www.ldaofmichigan.org](http://www.ldaofmichigan.org)

1-88-597-7809

- Provides parent support, information and a referral network and school program development for children with a learning disability

### **Michigan Alliance for Families**

[www.michiganallianceforfamilies.org](http://www.michiganallianceforfamilies.org)

1-800-552-4821

- Provides information, support, education to families of children and young adults with disabilities and provides mentorships from other parents

**Michigan PTA (Parent Teacher Association)**

www.michiganpta.org  
1-517-485-4345

- Provides parents with a powerful voice to speak on behalf of every child and the best tools to help their children be safe, healthy and successful

**Michigan Spinal Cord Injury Association**

www.mispinalcord.org  
1-800-782-3394

- Provides local community resources and support groups for individuals with spinal cord injuries or spinal cord diseases

**National Multiple Sclerosis Society**

www.nationalmssociety.org  
1-800-344-4867

- Provides employment counseling, family programs, volunteer opportunities and advocacy to those with multiple sclerosis (MS)

**National Spinal Cord Injury Association (part of United Spinal Association)**

www.spinalcord.org  
1-800-962-9629

- Provides information, education and support for those with spinal cord injuries or diseases

**Spina Bifida Association**

www.spinabifidaassociation.org  
1-800-621-3141

- Provides educational scholarships, referral services and medical and research information

**Traumatic Brain Injury National Resource Center**

www.neuro.pmr.vcu.edu

- Provides conferences, research information and training for professionals and individuals with brain injury and their family members

**United Cerebral Palsy (UCP) of Michigan**

www.ucpmichigan.org  
1-800-828-2714

- Educates, advocates and provides information on local support services for a variety of neurological diagnoses, including cerebral palsy, Down syndrome, traumatic brain injury, autism spectrum disorder and other physical disabilities

**Americans with Disabilities Act (ADA) Information Line**

U.S. Department of Justice [www.ada.gov/](http://www.ada.gov/)  
(800) 514-0301 (800) 514-0383 (TTY)

# EDUCATION

## **Michigan Head Start Association**

[www.mhsa.us](http://www.mhsa.us)  
1-517-374-6472

- Provides quality instruction and education to prepare children for school and to assist their transition to kindergarten (Families must meet income guidelines)

## **Early On**

[www.1800earlyon.org](http://www.1800earlyon.org)  
1-800-327-5966

- Help for children from birth to age three who might have a developmental delay

## **Project Find**

[www.ProjectFindMichigan.org](http://www.ProjectFindMichigan.org)  
1-800-252-0052

- Provides free evaluation for children from birth to age 26 who might be eligible for special education services offered by your local school district

## **Michigan Office of Special Education**

[www.michigan.gov/mde](http://www.michigan.gov/mde)  
1-517-373-0923

- Statewide projects and initiatives pertaining to Special Education

## **Michigan Protection and Advocacy**

[www.mpas.org](http://www.mpas.org)  
1-800-288-5923

- Advocates and protects the legal rights of people with disabilities; experience in discrimination in education, employment, housing and vocational rehabilitation

## **Michigan Rehab Services**

[www.michigan.gov/mrs](http://www.michigan.gov/mrs)  
1-800-605-6722

- Helps Michigan residents with disabilities achieve employment and self sufficiency

## **Centers for Independent Living**

[www.ilru.org](http://www.ilru.org); 1-888-255-2457  
[www.dnmichigan.org](http://www.dnmichigan.org); 1-517-339-0539

- Centers provide advocacy, independent living skills training, information and referrals to maximize the independence of individuals with disabilities and the accessibility of the community they live in
- Both resources above have directories of these centers and ways to connect to them and other information about independent living



# FOOD / FURNITURE / CLOTHING

## **Furniture Bank of Southeastern Michigan**

[www.furniture-bank.org](http://www.furniture-bank.org)

1-248-332-1300

- Provides furniture and beds to Oakland County residents

## **St. Vincent de Paul Thrift Stores**

[www.svpdet.org](http://www.svpdet.org)

1-313-393-2930

- 11 locations in greater Detroit area which sell clothing and furniture at very reduced rates with a food pantry available

## **Salvation Army Thrift Stores**

[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

1-248-558-5600

- Provides clothing, furniture and other goods at bargain prices at multiple locations

## **Gleaners Food Bank**

[www.gcfb.org](http://www.gcfb.org)

1-866-GLEANER (1-866-453-2637)

- Provides food for families in Wayne, Oakland, Macomb, Livingston and Monroe Counties at five distribution centers (Detroit location: 2131 Beaufait, Detroit, MI 48207)

## **Focus Hope**

[www.focushope.edu](http://www.focushope.edu)

1-313-494-5500

- Food program for mothers and children who reside in Wayne, Oakland, Macomb and Washtenaw Counties who meet age and income guidelines

## **WIC (Women, Infants and Children) Supplemental Nutrition Information**

[www.fns.usda.gov/wic](http://www.fns.usda.gov/wic)

1-800-942-1636

- For low income, pregnant or breastfeeding women, infants and children up to age five

## **United Way**

[www.uwsem.org/basicneeds](http://www.uwsem.org/basicneeds)

1-800-552-1183 or call 2-1-1

- The United Way 2-1-1 call center is multi-lingual and available 24 hours a day, seven days a week to connect users to over 10,000 resources for after school programs, medical and prescription assistance, credit counseling and mortgage foreclosure assistance and housing and utility resources

# FINANCIAL / INSURANCE

## **SSI (Supplemental Security Income)**

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

1-800-772-1213

- The SSI program pays benefits to disabled adults and children who have limited income and resources
- Please call to schedule an appointment to complete an application

## **Children's Special Health Care Services (CSHCS)**

[www.michigan.gov/cshcs](http://www.michigan.gov/cshcs)

1-800-359-3722

- Provides help for children and some adults with special medical conditions paying for specialty medical bills
- Families of all incomes are eligible to join including those with other health insurance
- It covers co-pays and deductibles from other insurances

## **Medicaid Helpline**

1-800-642-3195

## **Michigan Enrolls**

1-800-975-7630

- To choose or to change a network, call Michigan Enrolls during open enrollment
- To choose or change a provider, call the customer service line for the HMO in which you are enrolled

# COMMUNITY MENTAL HEALTH

## **Access for Community Mental Health in Macomb County**

[www.macombcountymi.gov/communitymentalhealth](http://www.macombcountymi.gov/communitymentalhealth)

Access # 1-586-948-0222

Crisis Line #1-586-307-9100

Substance Abuse Access #1-586-541-2273

- Provides support, care and treatment services to children and adults with mental illness, individuals with developmental disabilities and children with emotional disorders

## **Access for Community Mental Health in Oakland County**

[www.occmha.org](http://www.occmha.org)

1-800-231-1127

- Provides support, care and treatment services to children and adults with mental illness, individuals with developmental disabilities and children with emotional disorders

## **Access for Community Mental Health in Wayne County**

[www.co.wayne.mi.us/hhs/](http://www.co.wayne.mi.us/hhs/)

1-313-224-7000

- Provides support, care and treatment services to children and adults with mental illness, individuals with developmental disabilities and children with emotional disorders

# **EMERGENCY SHELTER HOTLINES**

## **Services all of Michigan**

1-800-A-SHELTER

## **Macomb County Shelter/Crisis**

1-586-307-9100

## **Oakland County Shelter Line**

1-800-231-1127

## **Wayne County Shelter Line**

1-313-963-7829

1-313-224-7000

# **DOMESTIC VIOLENCE SHELTERS**

## **Detroit**

1-313-861-5300

## **Macomb County**

1-586-463-6990

## **Oakland County**

1-248-334-1274

## **Wayne County**

1-888-453-5900