

**National Suicide Prevention Lifeline**1-800-273-TALK (8255); <https://suicidepreventionlifeline.org>

- The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals
- Text HELLO to 741741

**University Center for the Child and Family (UCCF)**

500 E Washington St, Ann Arbor, MI 48104; (734) 764-9466

<https://mari.umich.edu/uccf>

- Offer a comprehensive range of mental health services for children, adolescents, and families
- Professional staff will collaborate with you to develop the solutions that work best for your family
- In addition to clinical assessment and treatment, they also offer free and low-cost workshops
- Clinical interventions are provided by professional staff, postdoctoral fellows, and graduate level students under the supervision of professional staff
- Accepts private insurances as and certain Medicaid plans

**Psychiatric Emergency Services (PES) at Michigan Medicine**

1500 E. Medical Center Dr, Ann Arbor, MI 48109

(734) 936-5900; [www.uofmhealth.org/conditions-](http://www.uofmhealth.org/conditions-treatments/emergency-mental-health-and-psychiatry)[treatments/emergency-mental-health-and-psychiatry](http://www.uofmhealth.org/conditions-treatments/emergency-mental-health-and-psychiatry)

- Provides emergency/urgent walk-in evaluation and crisis phone services available 24 hours a day, 7 days a week, for people of all ages
- The following services are provided:
  - Psychiatric evaluation, Treatment recommendations, Crisis intervention, Screening for inpatient psychiatric, hospitalization and referral information
- If you are unsure that PES is the best place for you or a loved one to be seen, please call for advice
- If you are seeking outpatient or inpatient care at the University of Michigan health Care System, please contact intake services at 800-525-5188

**Child and Adolescent Psychiatry at the University of Michigan**

4250 Plymouth Rd, Ann Arbor, MI 48109; (734) 764-0231

<https://medicine.umich.edu/dept/psychiatry/programs/child-adolescent-psychiatry>

- Clinical programs serve a large and diverse patient population, including a focus on underserved youth
- Offers outpatient services only
- Accepts both private insurance and certain Medicaid's
- Call for additional information regarding services

**Michigan Medicine – Ypsilanti Health Center**

200 Arnet St. # 200, Ypsilanti, MI 48198

Family Medicine - (734) 482-6221

Ypsilanti Pediatrics - (734) 484-7288

[www.uofmhealth.org/our-locations/ypsilanti-health](http://www.uofmhealth.org/our-locations/ypsilanti-health)

- Provides high-quality, comprehensive, and cost-effective care to low income individuals
- Have on-site social workers who are able to assist in crisis intervention and counseling
- Call to schedule appointment and for additional details
- Most Medicaid insurances accepted

**Washtenaw County Community Mental Health (WCCMH)**

2140 E. Ellsworth Road, Ann Arbor, MI 48108; (734) 544-3050

[www.washtenaw.org/1236/Mental-Health](http://www.washtenaw.org/1236/Mental-Health)

- The central entry point for all Medicaid-eligible and uninsured adults and children requesting Mental Health, Public Health and or Substance Abuse information and services in Washtenaw County
- WCCMH is the 24/7 Access/Crisis Department
- Clients and interested parties can contact the Access/Crisis Department 24/7, 365 days per year to receive information, referral to community resources, access to crisis services and to complete brief screenings for WCCMH services and scheduling for a face to face eligibility determination/level of care determination for WCCMH services and supports

**Corner Health Center**

47 N. Huron, Ypsilanti, MI 48197; (734) 484-3600

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

- Offers a full range of high-quality and affordable health care, mental health, and supportive services for young people ages 12-25 and their children
- There are psychiatrists and counselors who will listen and help through difficult times
- However, talking isn't always enough. If needed they have Psychiatrists who can prescribe medications for things like depression and anxiety. There psychiatrists specialize in working with teens and young adults
- Mental health services are confidential
- Provide services regardless of insurance status or ability to pay for care. Sliding fee scale with help in applying for insurance
- Call to schedule an appointment
- To be eligible for mental health services you must establish medical care first

**Women's Center of Southeastern Michigan**

There may be additional resources for you to consider through various community agencies. Michigan 2-1-1 is a free confidential service that connects you with local community-based organizations offering support services for people seeking answers to help in addressing their needs and questions. You can connect with Michigan 2-1-1 by:

- Visiting the website at <http://www.mi211.org>
- Dialing 2-1-1 or either one of these Toll Free phone lines at (844) 875-9211 or (800) 649-3777 (Michigan Relay) for personal assistance 24 hours a day, 7 days a week

**REGIONAL ALLIANCE FOR HEALTHY SCHOOLS**

Phone: (734) 998-2163  
Website: <http://umhs-rahs.org>

510 S. Maple Rd, Ann Arbor, MI 48103; (734) 973-6779

<https://womenscentersemi.org>

- Provides personal counseling services for young adults and adults across the gender spectrum
- Accepts a variety of health insurances and also has a sliding scale fee, according to your household income for private pay patients
- Visit website or call for additional information

**Neighborhood Family Health Center**

111 N. Huron, Ypsilanti, MI 48197; (734) 544-6900

[www.ihacares.com](http://www.ihacares.com)

- Social work, mental health and complex care management services available
- Call for an appointment
- Saturday and evening hours available
- Reduced fee assistance for qualifying low-income families without healthcare coverage
- Accepts certain Medicaid plans
- Assistance to find health coverage for uninsured

**Thrive Counseling Thru Jewish Family Services**

2245 S State St, Suite 1100, Ann Arbor, MI 48103

(734) 436-4249; <https://thrivecounselinga2.com>

- A non-profit social service agency committed to providing care to all residents regardless of religion, race, ethnicity, gender or ability to pay
- Offers individual, couples and family therapy
- Accepts multiple insurances including Medicaid, also offer a sliding fee scale for the uninsured

**Substance Abuse**

**University of Michigan Addiction Center**

4250 Plymouth Rd, Ann Arbor, MI 48109; (734) 764-0231

<https://medicine.umich.edu/dept/psychiatry/programs/addiction-center>

- Offers assessments and a full range of evidence-based therapy options for individuals, groups, couples, and families
- They provide early intervention and education as well as recovery-oriented addiction therapy, both for the individuals who are struggling as well as their friends and family
- They serve a diverse range of patients who have varying degrees of problems
- They specialize in working with adolescents, young adults and college students, health professionals, and dually diagnosed individuals with both mental health and substance use issues
- Accepts commercial insurance but does not accept Medicaid

**Dawn Farm Spera Center**

502 W. Huron St, Ann Arbor, MI 48104; (734) 669-8265

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

- A place where addicts and alcoholics can go for help, regardless of their ability to pay
- Costs vary from program to program. No one is ever turned away for inability to pay. If you can't afford treatment they can put you on a waiting list for one of their "unfunded treatment beds"
- Offers a continuum of services to help addicts and alcoholics achieve long term recovery
- Offers residential treatment, sub-acute detoxification, outpatient treatment and transitional housing. They will help you decide upon the best option for you or your loved one
- Call for additional information
- Accepts both commercial and Medicaid insurance
- Assists Medicaid individuals with odd month birthdays

**Home of New Vision**

3115 Professional Dr, Ann Arbor, MI 48104; (734) 975-1602

<http://homeofnewvision.org>

- Provides gender-specific programs and specialized services to empower, protect, encourage, and enrich the lives of men, women, their families, and communities affected by the disease of addiction
- Offers a multitude of services and programs to help treat substance use, mental health, and co-occurring disorders
- Accepts both commercial and Medicaid insurance
- Assists Medicaid individuals with even month birthdays

*Adolescent Treatment*

- Provides individual counseling to youth ages 14-17 designed to assist them in ending AOD use and developing healthy coping skills that will carry them into adulthood