

2023 Voices Campaign: Family Resources

Crisis Hotlines

Child and Family Services of Northwestern Michigan

[Contact | Child & Family Services of Northwestern Michigan \(cfsnwmi.org\)](https://www.cfsnwmi.org)

Youth Services Crisis Line 231-922-4800 or 1-800-442-7315

Pete's Place Youth Shelter (located at Goodwill Inn)
2943 N. Keystone Rd.
Traverse City, MI 49686
231-922-4800

Michigan Crisis Text line:

Text "RESTORE" to 741741

Northern Lakes Community Mental Health Crisis Number:

24/7 phone: 1-800-442-7315 or:

During office hours:

Houghton Lake: 1-989-366-8550

TC, Bay Area/ Leelanau – 231-922-4850

Cadillac – 231-775-3463

Grayling- 989-348-8522

NLCMHA Crisis Welcoming Center:

24/7 Crisis: 833-295-0616

Warm Help Line: 800-492-5742

Customer Service: 800-337-8598

North Country Community Mental Health:

Crisis Help Line: 1-877-470-4668

Access to Services: 1-877-470-7130

Link to resources: www.norcocmh.org/resources/

Community Mental Health for Central Michigan:

24/7 Crisis Line Number: 989-772-5938

The Trevor Project Hotline – for LGBTQIA+ teens:

1-866-488-7386 or text START to 678678

Trans Lifeline Hotline

877-565-8860

988 Suicide & Crisis Lifeline – 24/7 suicide prevention hotline (call/chat)**The Teen Line: Teens for Teens**

Text TEEN to 839863 9PM-12AM EST

Munson Ask-A-Nurse

231-935-0951

Community Programs

SAFE CHOICES (Stop the Addiction Fatality Epidemic):

[SAFE Communities - Local Responses to the Addiction Epidemic \(safeproject.us\)](https://safeproject.us)

Free family support locator tool for local and national resources that provide support

Support for youth in the justice system: Connections Program

Michael's Place: Children & Teen's Grief Support Group:

231-947-6453

Twice Monthly on Mondays, dinner provided

1212 Veterans Drive, Ste 100

Traverse City, MI 49684

MSU Extension Mindfulness Classes; Mindful for Better Living series; Mondays & Wednesdays:

[Mindfulness for Better Living \(msu.edu\)](https://msu.edu)

Generations Ahead (support for young parents):

231-590-2262 – home visits, mentors, support groups, baby pantry, and more.

Northern Lakes Community Mental Health:

NLCMHA Crisis Welcoming Center (24/7):

105 Hall St.

Traverse City, MI 49684

North Country Community Mental Health

www.norcocmh.org/services-supports/

Access Center: 1-877-470-7130

Community Connections (access to socioeconomic resources):

[Community Connections Referrals – Northern Michigan CHIR](#)

Provider Sources

SAFE CHOICES (Stop the Addiction Fatality Epidemic):

[SAFE Communities - Local Responses to the Addiction Epidemic \(safeproject.us\)](#)

Free family support locator tool for local and national resources that provide support

Support for youth in the justice system: Connections Program

Pine Rest Crisis Care:

24/7 – 1-800-678-5500

Pine Rest Telehealth Clinicians:

www.pinerest.org/telehealth/teletherapy-clinicians/

Cadillac Primary Care – Outpatient Behavioral Health

231-876-6200

Charlevoix Behavioral Health (Charlevoix and Boyne City locations)

231-547-8860

Munson Find-A-Doc listing for Behavioral Health providers

[behavioral health - Find A Doctor | Munson Healthcare](#)

Traverse Bay Children’s Advocacy Center

Counseling Services – call 231-929-4250

Pride Counseling (Virtual) LGBTQIA+:

www.pridecounseling.com

Better Help (Virtual):

www.betterhelp.com

Talkspace (Virtual):

<https://try.talkspace.com>

Cerebral (Virtual):

www.cerebral.com

Calmerry (Virtual therapy):

<https://us.calmerry.com>

Health Department Adolescent Wellness Clinics

Health Department of Northwest Michigan Child and Adolescent Health Program:

[HDNW - Teens & Young Adults \(nwhealth.org\)](http://nwhealth.org)

1-800-432-4121

Grand Traverse Health Department: Teen & Youth Clinic Services:

Youth Health & Wellness Center
TBAISD Career Tech Center
880 Parsons Road
Traverse City, MI 49686

K-Town Youth Health Center
112 Brownson Avenue
Kingsley, MI 49649

District Health Department 10 Adolescent Health Centers:

Viking Wellness Center (Inside Grayling High School)
1135 North Old 27 Room C309
989-344-3540

Wexford Adolescent Wellness Center
532 Haynes Street (inside the annex across from the High School)
Cadillac, MI 49601

Manton Adolescent Wellness Center (Inside Manton High School)
105 5th St
Manton, MI 49663
231-306-3010

Peer Recovery Coaches

Families Against Narcotics (FAN)

989-732-1791

The Teen Line: Teens for Teens for Behavioral Health

Text TEEN to 839863 9PM-12AM EST

Informational Websites

Munsonhealthcare.org:

www.munsonhealthcare.org/services/behavioral-health/resources-for-mental-health-and-well-being

www.munsonhealthcare.org/mentalhealthmatters

<https://www.munsonhealthcare.org/blog/how-to-help-someone-struggling-with-their-mental-health>

[COVID-19 and Anxiety: 10 Tips for Managing Stress \(munsonhealthcare.org\)](https://www.munsonhealthcare.org/blog/how-to-help-someone-struggling-with-their-mental-health)

Northern Lakes Community Mental Health:

<https://www.northernlakescmh.org/consumer-support-involvement/>

Michael's Place:

mymichaelsplace.net

The Trevor Project (LGBTQIA+):

www.thetrevorproject.org

Trans Lifeline Hotline

translifeline.org

Teenline.org:

Email form: www.teenline.org/email-us

The Mental Health Coalition (People of Color):

www.thementalhealthcoalition.org/bipoc-mental-health-resources/

Wondermind: Selena Gomez

www.wondermind.com

myStrength (w/ app feature):

<https://mystrength.com>