



MENTAL HEALTH AND SUICIDE PREVENTION RESOURCES

988-Suicide Prevention Hotline: If you or a loved one are struggling, call and get help.

Detroit Wayne Integrated Health Network (DWIHN) operates a 24/7 Call Center. Non-emergent calls are 8am-8pm M-F. Staff are available to complete a brief screening and if needed, a Clinician will contact the person the next business day to complete the assessment. After 8pm and on weekends, the following services will be provided:

- Warm transfer to the crisis line
- Dispatch of Children's Crisis Teams from Emergency Departments
- Hospital discharge follow-up appointments
- A mental health clinician will be available for SUD screening only

If you have any questions or concerns regarding the DWIHN Access Call Center, please send an email to: accesscenter@dwihn.org or call **1-800-241-4949**.

Reachusdetroit.org-313-488-HOPE-call or text line for anyone 14 years and older who has a mental health concern. Trained behavioral health specialists will do an assessment. Engages individuals and offers therapeutic support 24/7 regardless of ability to pay.

National Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources. If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the US. Call **1-800-273-TALK (8255)** or chat.

Crisis Text Line free, 24/7 support for those in crisis. **Text 741741** from anywhere in the U.S. to text with a trained Crisis Counselor.

The Trevor Project the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) young people under 25. The Trevor Lifeline is a crisis intervention and suicide prevention phone service available 24/7 at **1-866-488-7386**. Trevor Text is available by texting "**START**" to **678678**.

Trevor Space is an online international peer-to-peer community for LGBTQ young people and their friends.

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 7 a.m.–1 a.m. PST / 9 a.m.–3 a.m. CST / 10 a.m.–4 a.m. EST. Volunteers may be available during off hours. Call **877-565-8860** to speak to someone now.

Kevin's Song is an organization dedicated to generating public awareness about the causes of suicide, its prevalence in our society and possible preventive measures. They provide resources for suicide, mental health, healing, survivors of **suicide** loss groups, and therapists located in Michigan, and across the world, **313-236-7109**.

The Michigan Association for Suicide Prevention (MASP) promotes education, training, research and community awareness.

National Alliance on Mental Health (NAMI) is a national organization dedicated to improving the lives of persons living with serious mental illness and their families. Local Lansing Chapter- **517-485-4049**.

Suicide.org includes a list of suicide hotlines and crisis services throughout the State of Michigan as well as other helpful information on suicide.