

REFERRAL RESOURCE GUIDE - NORTHEAST MICHIGAN



IN AN EMERGENCY OR CRISIS

For assistance in an

**Emergency
Dial 911**



(press 1 for veterans, 2 for Spanish)

<https://suicidepreventionlifeline.org/>

DOMESTIC VIOLENCE, ABUSE AND SEXUAL ASSAULT RESOURCES



(serving Alcona, Alpena, Iosco, Montmorency and Presque Isle Counties)

24-hour Help and Support 1-800-396-9129

www.hopeshores.org

National Child Abuse Hotline

1-800-4-A-CHILD (1-800-422-4453)

National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (hearing impaired line)

National Sexual Assault Hotline

1-800-656-HOPE (4673)

RAINN (Rape, Abuse & Incest National Network)

1-800-656-HOPE (4673)

www.rainn.org

HOMELESS SHELTER



Sunrise Mission
622 W. Chisholm Street
Alpena, MI 989-356-1277



TREATMENT RESOURCES

Substance Abuse Treatment



Catholic Human Services
Alpena
989-356-6385



Sunrise Centre, Alpena
(residential)
989-356-6649



Northern Michigan Substance Abuse Services, Inc.
Serving Northeast Michigan
Multiple Pathways Peer Recovery Support 231-373-0581

SAMHSA's National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations. 1-800-662-HELP (4357) & www.samhsa.gov/findtreatment

NATIONAL COUNCIL
for Mental Wellbeing

Can assist you in finding a local provider of behavioral health services and support.
www.theNationalCouncil.org (click on "find members in your Area")

HEALTHY MINDS • STRONG COMMUNITIES

National Alliance on Mental Illness Information Helpline provides information and referral services, 1-800-950-NAMI (6264)



Free and confidential information and referral, available 24/7, for help with food, housing, employment, health care, counseling and more – **Dial 211**

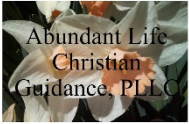
Homeowner's HOPE Hotline provides free comprehensive financial education and confidential foreclosure prevention counseling 24/7. 1-888-995-HOPE (4673)

MENTAL HEALTH TREATMENT

Northeast Michigan Community Mental Health
1-800-834-3393
After Hours 1-800-442-7315

Mid-Michigan Regional Medical Center
Alpena Behavioral Health Services
989-356-7242 1-800-288-7242

Abundant Life Christian Guidance, PLLC
Alpena 989-590-7449



Northern Therapeutic Center, Alpena
989-354-0444

Alcona Health Center Behavior Health Services
Alpena 989-356-4049 Ossineke 989-471-2156
Lincoln 989-736-8157

Thunder Bay Community Health Service
Behavioral Health Services
Atlanta 989-785-4855 Hillman 989-742-4583
Onaway 989-733-2082 Rogers City 989-734-2052

Thunder Bay Counseling, Alpena
989-340-1755



CHARIS Counseling Services of Northeast
Michigan PLLC, Alpena 989-340-1466

Northern Waters Counseling Group, LLC, Alpena
989-340-2131

CHILDREN & YOUTH RESOURCES

Child and Family Services of NE MI

Compass North Youth Services and Crisis Intervention
989-464-0992 or 989-356-4567 Ext. 206

Compass North Family Outreach – Ages 12-20 and their families serving
Alpena, Alcona, Crawford, Iosco, Montmorency, Ogemaw, Oscoda,
Roscommon

989-464-0992 or 989-4567 Ext. 203 Toll Free 855-268-6558

Healthy Families Day One Program serving pregnant women and
families of infants and children 24 months and under. 989-356-4567 or www.cfsnemi.org



LGBTQ SUPPORT RESOURCES

GLBT National Help Center

1-888-843-4564

Crisis Text Line: text START to 741-741

GLBT National Youth Talkline
1-800-246-PRIDE (1-800-246-7743)
Pride Institute
(800 547-7433 24/7)

SELF-HELP RESOURCES AND GROUPS

Alcoholics Anonymous
989-354-2728

www.aa.org/pages/en_US/find-aa-resources

Al-Anon

www.al-anon.alateen.org/local-meetings

Nar-Anon Family Groups

www.nar-anon.org/find-a-group

Legal Advice provides legal information, lawyer profiles and a community to help individuals make legal decisions.
www.findlaw.com

Trevor Project Crisis Line – LGBTQ Youth

1-866-4-U-TREVOR (488-7386)

www.theTrevorProject.org

Transgender MI Helpline

855-345-TGMI (8464)

For more resources go to:

<https://pflag.org>

Grief After Suicide Support Group

Contact Amy at (989)590-7449 for information

Narcotics Anonymous

1-888-GET-HOPE (438-4673)

Bay view Center 989-340-0955