

# 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](http://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](http://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](http://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](http://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](http://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

### **Trevor Project Crisis Line – LGBTQ Youth**

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

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

Transgender MI Helpline  
855-345-TGMI (8464)  
For more resources go to:  
<https://pflag.org>

## SELF-HELP RESOURCES AND GROUPS

Alcoholics Anonymous  
989-354-2728

[www.aa.org/pages/en\\_US/find-aa-resources](http://www.aa.org/pages/en_US/find-aa-resources)

Al-Anon  
[www.al-anon.alaTeen.org/local-meetings](http://www.al-anon.alaTeen.org/local-meetings)  
Nar-Anon Family Groups  
[www.nar-anon.org/find-a-group](http://www.nar-anon.org/find-a-group)

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