

HEGIRA HEALTH SUICIDE PREVENTION RESOURCE GUIDE

CRISIS LINES	Phone	Services
Suicide Prevention Lifeline	1-800-273-TALK (8255)	Telephonic support, information, referrals
Crisis Text Line	Text 988	Immediate text support, information, referrals
Detroit Wayne Mental Health Authority 24/7	1-800-241-4949	Telephonic support, information, referrals
C.O.P.E.– 24 hours	1-844-296-2673	Telephonic support, Crisis Stabilization Unit, information, referrals
Common Ground Resource and Crisis Center – Oakland County – 24 hours	1-800-231-1127	Telephonic support, Crisis Stabilization Unit, information, referrals
Macomb County Crisis Center	586-307-9100	Telephonic support, information, referrals
Washtenaw Mental Health Care Line – 24/7	734-544-3050	Telephonic support, information, referrals
New Oakland Family Services	1-877-800-1650	Telephonic support, mobile services for children and adolescents

SUICIDE PREVENTION	Websites	APPS FOR SMARTPHONES
American Foundation for Suicide Prevention	www.afsp.org	A Friend Asks – Jason Foundation
Kevin’s Song	www.kevinssong.org	Suicide Safe
Trevor Project (LGBTQ Youth)	www.thetrevorproject.org	My3 (Safety Planning)
Jason Foundation	www.jasonfoundation.com	ASK and Prevent Suicide

CRISIS STABILIZATION UNIT	Address/Phone	Services
C.O.P.E. Community Outreach for Psychiatric Emergencies	33505 Schoolcraft Road Livonia, MI 48150 1-844-296-2673	Crisis intervention and stabilization service to adults in Wayne County 24 hours a day, 7 days a week.
Common Ground	1200 N. Telegraph Building #32E Pontiac, MI 48341 1-248-451-2600	Crisis intervention and stabilization services to children and adults in Oakland County 24-hours a day, 7 days a week.