

# Where to Get Help

**CRISIS HOTLINE: (586) 307-9100**  
**United Way (help/referral for variety of issues): 2-1-1 (dial 211)**  
**Suicide Prevention Lifeline: (800) 273-TALK (800-273-8255)**

## For Substance Abuse & Mental Health Services:

<b>Macomb County</b>	Access Center	(855) 996-2264
<b>Oakland County</b>	Oakland County Mental Health Authority	(800) 231-1127
<b>Wayne County</b>	Detroit/Wayne Mental Health Authority	(800) 241-4949
<b>St. Clair County</b>	St. Clair Community Mental Health	(888) 225-4447

## Emergency Shelters:

<b>MATTS</b>	(586) 755-5191
<b>MCREST</b>	(586) 200-1628
<b>Shelter Hotline</b>	(800) A-SHELTER

## Domestic Violence Shelters/Support:

<b>Macomb County:</b> Turning Point	(586) 463-6990
<b>Oakland County:</b> Haven	(877) 922-1274
<b>Wayne County:</b> First Step	(888) 453-5900
<b>National DV Hotline</b>	(800) 799-7233

## Support Groups:

<b>Alcoholics Anonymous</b>	<a href="http://www.aa.org">www.aa.org</a>	(877) 337-0611
<b>Narcotics Anonymous</b>	<a href="http://www.na.org">www.na.org</a>	(877) 338-1188
<b>Families Against Narcotics</b>	<a href="http://www.familiesagainstnarcotics.org">www.familiesagainstnarcotics.org</a>	(586) 438-8500
<b>Al-Anon</b>	<a href="http://www.miafg.org">www.miafg.org</a>	(248) 706-1020
<b>Nar-Anon</b>	<a href="http://www.nar-anon.org">www.nar-anon.org</a>	(800) 477-6291
<b>MI Problem Gambling Helpline</b>		(800) 270-7117
<b>Gamblers Anonymous</b>	<a href="http://www.gamblersanonymous.org">www.gamblersanonymous.org</a>	

## Social & Food Assistance:

<b>Michigan Department of Health &amp; Human Services (DHS)</b>	<a href="http://www.michigan.gov/DHS">www.michigan.gov/DHS</a> <a href="http://www.mibridges.michigan.gov">www.mibridges.michigan.gov</a>	(855) 275-6424
	<b>Local MDHHS (DHS) office:</b> VerKuilen Building (located down the road from the jail) 21885 Dunham Rd. Clinton Township, MI 48036 (586) 469-7700	