

Where to Get Help

Crisis Hotline – Macomb County: (586) 307-9100
 United Way (help/referrals for a variety of issues): 2-1-1 (dial 211)
 Suicide Prevention Lifeline: (800) 273-TALK (800-273-8255)

Substance Abuse & Mental Health Treatment

Macomb County	Access Center	(855) 99-MCCMH
Oakland County	Oakland Community Health Network	(248) 464-6363
Wayne County	Detroit/Wayne Integrated Health Network	(800) 241-4949
St. Clair County	St. Clair County Community Mental Health	(888) 225-4447
Lapeer County	Lapeer County Community Mental Health	(888) 225-4447

Domestic Violence Shelters/Support

Macomb County: Turning Point	(586) 463-6990
Oakland County: Haven	(877) 922-1274
Wayne County: First Step	(734) 722-6800
St. Clair County: Blue Water Safe Horizons	(888) 985-5538
Lapeer County: Lapeer Area Citizens Against Domestic Assault	(810) 667-4175

Emergency Shelters

MATTS	(586) 754-7400
MCREST	(586) 415-5101
Shelter Hotline	(800) A-SHELTER

Social & Food Assistance

Michigan Department of Health & Human Services (MDHHS/DHS)	www.michigan.gov/mdhhs www.mibridges.michigan.gov	(855) 275-6424
MDHHS – Local Office	44777 N. Gratiot Ave. Ste. A Clinton Township, MI 48036	(586) 469-7700

Support Groups

Alcoholics Anonymous	www.aa.org	(877) 337-0611
Narcotics Anonymous	www.na.org	(877) 338-1188
Families Against Narcotics	www.familiesagainstnarcotics.org	(586) 438-8500
Al-Anon	www.miafg.org	(248) 706-1020
Nar-Anon	www.nar-anon.org	(800) 477-6291
MI Problem Gambling Helpline	www.michigan.gov/mdhhs	1-800-270-7117
Gamblers Anonymous	www.gamblersanonymous.org/ga/	