

Community Resources for Mental Illness

If you or someone you love is in immediate danger, **call 911** or go to a **hospital** or other setting that offers emergency care. If you have a mental health emergency, you should seek help right away.

At any time during the day or night call these for help:

Your Local CMH 24-Hour Crisis Line Number:

Centra Wellness: Benzie & Manistee

- 24-Hour Crisis Line: **(877) 398-2013**

North Country Community Mental

Health: Antrim, Charlevoix, Cheboygan, Emmet, Kalkaska, and Otsego Counties

- 24-Hour Crisis Line: **(877) 470-4668** or **711**

Northern Lakes Community Mental

Health: Crawford, Grand Traverse, Leelanau, Missaukee, Roscommon, and Wexford Counties

- 24-Hour Crisis Line: **(833) 295-0616**

Community Mental Health for Central

Michigan: Clare, Gladwin, Isabella, Mecosta, Midland, Osceola Counties

- 24-Hour Crisis Line: **(800) 317-0708**

You can also call or text **988** to reach the Suicide & Crisis Lifeline

Additional Community Resources

Call **211** to get connected to resources in your area

Ask-a-Nurse

- FREE expert health information from a registered nurse
- Call **231-935-0951**
- [Submit a general health question](#)

Munson Healthcare

- Review this [Flow Chart](#) to find resources in your region

National Alliance on Mental Illness

- Helpline: **1-800-273-8255**

Northwest Michigan Health Services Inc.

- Call **231-947-0351** to schedule an appointment

Youth Wellness Centers in Schools

- Central Intake Operator: **1-800-432-4121**

Community Connections

- [Community Connections of Northwest Michigan](#)
 - Call **1-800-432-4121** to get access to services
 - Covers Emmet, Charlevoix, and Antrim Counties
- [Community Connections of Grand Traverse](#)
 - Covers Grand Traverse, Benzie, and Leelanau Counties
- [Community Connections of District Health Department #10](#)
 - Kalkaska County: **(231) 258-8669**
 - Manistee County: **(231) 723-3595**
 - Missaukee County: **(231) 839-7167**
 - Wexford County: **(231) 775-9942**



This is the work of the **Reduce Stigma against Mental Illness Action Team**, one of the 10 Northwest CHIR's Behavioral Health Initiative Action Teams. Action Teams consist of cross sector partners willing and able to take action collectively and supported by the CHIR BBO staff. Learn more about the [CHIR](#) and the [Behavioral Health Initiative](#), and stay connected by subscribing [here](#).