

Hotlines & Resources

--Crisis, Suicide, Violence, Abuse, and Assistance with Food/Housing/Bills--

National Hotlines: Suicide/Crisis

National Suicide Prevention Lifeline

- Call: 1(800) 273-8255/TALK or Call 988
- Web chat: Lifeline Chat - suicidepreventionlifeline.org/chat/

Crisis Text Line

- Text HOME to 741741 or use WhatsApp and message the word HOME to 741741
- Website info: <https://www.crisistextline.org/>

Trans Lifeline

- Staffed by “transgender people specically for transgender and questioning people”
- Call: (877) 565-8860
- Website info: www.translifeline.org

The Trevor Project

- Provides information and support to LGBTQ young people 24/7
- Call:1 (866) 488-7386 or Text START to 678-678
- Web chat: [Chat with a counselor](#)
- Website info: [The Trevor Project](#)

Ok2Say

- If you see something, say something (threats, violence, safety concerns, etc.)
- Call: (855) 565-2729 or Text: 652729
- Email: OK2SAY@mi.gov

Oakland County Resources: Suicide/Crisis/Substance Abuse

Oakland Community Health Network (OCHN)

- OCHN/Common Ground Crisis Helpline: Call/Text 1(800) 231-1127 (24 hours / 7 days)
- Web chat: [Chat with a crisis counselor](#)
- Website info:[Common Ground - Get Help](#)
- 24/7 Resource & Crisis Center Location: *1200 N. Telegraph Rd, Bldg #32E, Pontiac, MI 48341*
- Non-emergency, including substance use services: call (248) 464-6363 (Mon-Fri 8am-5/8pm)

Oakland County Youth Mobile Crisis Team

- Mobile team travels to homes, foster homes, schools, emergency rooms, and other public places in Oakland County. Provides rapid response to your location, with counselors, assessment, and options for ongoing care. Available to individuals 0-21 years of age.
- Call: (877) 800-1650 (2pm-10pm, 7 days/week, including holidays)
- Website info: [Youth Mobile Crisis Team](#)

Sober Support Unit (SSU)

- Sobering & monitoring program for those experiencing side effects of drug & alcohol misuse
- Call (248) 456-8144
- Website info: [Sober Support Unit \(SSU\)](#)

Michigan Crisis and Access Line (MiCAL)

- Mental health and/or substance abuse; access to related services; someone to listen
- 24/7 Crisis line- Call/Text: 1 (844) 446-4225 or [Web chat](#)
- Warmline- just want someone to listen- Call: 1 (888) 733-7753 (10am-2am/ 7 days a week)
- Website info: [MiCal Crisis and Access](#)

Sexual Assault, Abuse, and Neglect

Michigan Sexual Assault Hotline

- Call: 1 (855) 864-2374
- Website Info: [Sexual Assault & Abuse Mi.gov](#)

Michigan Abuse or Neglect Reporting Hotline

- Call: 1 (855) 444-3911
- Website info: [Report Abuse and/or Neglect](#)

US National Domestic Violence Hotline

- Call: 1 (800) 799-7233

Assistance with Food, Housing, Bills, Family Crisis, and/or Community Disaster

Michigan211 -operators can offer help in 180+ languages

- Call: 211 or (844) 875-9211
- Text your zip code to 898211 (7am-5pm, Mon.-Fri.)
- Website info: [Michigan2-1-1](#)