

CRISIS RESOURCES (phone, website, text)

The 988 Suicide & Crisis Lifeline provides care and support to people experiencing stressful situations—whether that is thoughts of suicide, a mental health concern, or a substance use issue. It is a free and confidential service that is available 24/7.

People of all ages who need help for themselves or a loved one can access the 988 Suicide & Crisis Lifeline by:

- Calling 988 (multiple languages).
- Sending a text message to 988 (English only).
- Using the chat feature at 988lifeline.org (English only).

Michigan Crisis and Access Line (MiCAL) <https://mcal-prod.force.com/mical/s/>

Telephone: 1-844-446-4225

Text : SMS: 1-844-446-4225

Michigan Warm Line (with certified Peer Coaches available 10 AM-2 AM, 7 days a week)

Telephone: 1-888-733-7753

Dial Help (for entire UP)

Telephone: 1-800-562-7622 or 906-482-HELP

Text @906-356-3337

Live Chat on www.dialhelp.org

National Maternal Mental Health Hotline (NEW)

Call or text, 1-833-9-HELP4MOMS (1-833-943-5746) to connect with counselors at the National Maternal Mental Health Hotline

Michigan Domestic Violence Hotline (24/7 support for victims, survivors, supports and professionals who serve them)

866-864-2338 or texting 877-861-0222.

[Domestic Violence Hotline \(michigan.gov\)](https://www.michigan.gov/domestic-violence-hotline)

Teen Line, for teen peer support with crises, suicidal thoughts, and self-injury (Accredited by the *American Association of Suicidology*)

800-TLC-TEEN (852-8336), 8 PM to midnight Central, 9 PM to 1 AM Eastern time.

TEXT TEEN to 839863

www.teenline.org

The Michigan Problem Gambling Helpline, 24/7 crisis intervention and referral

1-800-270-7117

UPCAP/211 Resource Access line for a wide range of needs (housing, food, medical, legal, etc)

Dial **211** in the Upper Peninsula

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