

## 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](https://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

### **National Maternal Mental Health Hotline**

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/domesticviolence)

**National Domestic Violence Hotline** 800-799-7233

**LGBTQ + IPV (Intimate Partner Violence) Crisis Line:** 800-832-1901 **(NEW)**

**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](https://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