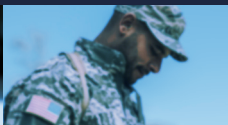


Help when you need it.



A Resource Guide for Anyone
That Needs Help in Macomb County





Macomb County Community Mental Health

MCCMH is here to help ensure individuals and families receive the mental health, substance use, and developmental disability treatment services they need, when they need them. Our experienced and caring team will work with you to determine your eligibility, regardless of your insurance status.



**Toll Free: 855-99-MCCMH
(855-996-2264)**

Local: 586-948-0222

Online: MCCMH.net

Crisis Counseling

Macomb County Community Mental Health has trained counselors available by phone 24 hours a day to provide support in a crisis. Counselors listen to your concerns and help find solutions through referrals to valuable community resources.

MCCMH Crisis Center
586-307-9100 V/TTY

National Suicide & Crisis Lifeline
Call 988

Help is available.



CARE of Southeastern Michigan

31900 Utica Road, Fraser MI 48026



**Life happens.
We can help.**

If you have a substance use disorder, we provide Parent Education, Evaluations, Case Management, Peer Recovery Coaching and Outpatient Therapy. Our mission is to strengthen resiliency in people and their communities through prevention, education, and services that improve quality of life.

For more information:

586-541-2273

Or online at careofsem.com

MCCMH North

43740 North Groesbeck Highway
Clinton Township, MI 48036

MCCMH East

25401 Harper Ave.
St. Clair Shores, MI 48081

MCCMH West

6555 Fifteen Mile Road
Sterling Heights, MI 48312

If you are seeking mental health services in Macomb County, walk-in appointments are available between the hours of 10AM - 3PM Monday through Friday. Walk-in assessments are available at MCCMH West until 5PM on Wednesdays.

Contact us at: 855-99-MCCMH

MCCMH Locations



Macomb County Community Mental Health Customer Service

If you have questions about our services or are ready to begin receiving support, **Call our customer service line at 855-99-MCCMH (855-996-2264).**

During this initial conversation, our team will provide guidance and information that will simplify your first visit. If you have insurance information, please have it ready. If you don't have insurance, don't worry – it's not required. Please note that this initial conversation can take up to a half hour to complete.



The Right Connection Macomb County

“The Right Connection” Resource Directory provides information to help families locate free, low-cost, or unique human services in Macomb County. The directory captures resources available from non-profit organizations and a few out-of-county or for-profit resources for high needs situations.

**For more information, visit
connection.misd.net.**

Help is available.



Youth Substance Use

For Referral of Youth Ages 5-19

Assessments are usually initiated by the student, a family member, or school personnel. Other concerned individuals are also encouraged to initiate contact. Parental involvement is always encouraged. After an initial assessment, the student and/or family will be directed to the right resource for support.



**Assessments are available from
CARE of Southeastern Michigan
Student Assistance Center:
586-541-2273**

**Treatment services are available at
Macomb Family Services
Clinton Township - 586-226-3440
Romeo - 586-752-9696**

Families and Youth



Procedures for Involuntary Commitment if a Juvenile Presents a Suicide Risk

A parent can request an emergency evaluation if there is a reason to believe the minor is emotionally disturbed and poses a danger to themselves or others.

Petitions must contain the basis for the request, the names and addresses of all witnesses, and the name and address of the nearest relative or guardian.



Macomb County Community Mental Health's Children's Mobile Intensive Crisis Stabilization Services (ICSS)

The program provides in-home or community-based crisis intervention services to Macomb County children and families. A therapist and a parent support partner will respond to any non-life threatening emotional or behavioral issues that may be disrupting daily life.

In a crisis?

MCCMH Crisis Center: 586-307-9100

Families and Youth

Youth Experiencing Homelessness

Harbor Oaks Hospital

35031 23 Mile Rd,
New Baltimore, MI 48047

**Free consultations available 24/7:
855-235-6908
harboroaks.com**

Support for children ages four through seventeen struggling with addiction, psychiatric, and/or behavioral disorders. Call for free insurance verification. Medicare, Medicaid, BCBS, Tri Care and many more accepted.



Havenwyck Hospital

1525 University Dr.
Auburn Hills, MI 48326

Free consultations available 24/7:

800-401-2727

havenwyckhospital.com

Offering 24/7 assessments and admissions, as well as a full continuum of programs and services that address the psychiatric needs of individuals ages four through seventeen.

Homeless Youth

Services for People Experiencing Homelessness

MCCMH Housing Program assists people who are engaged with MCCMH and who are either experiencing homelessness or are in imminent risk of becoming homeless. Call 586-321-7195.

MCREST shelter provides shelter for men, women and families. 586-415-5101.

Supervised congregate living for youth experiencing homelessness aged 16–20. Counseling, case management, life skills, education and vocation services offered. Available from Family Youth Interventions – Transitional Living Program, 586-477-1855.

For single men, women and families

(up to 90 days annually) – Macomb's Answer To Temporary Shelter (MATTS), 586-755-5191.



Find more services online at
The Right Connection Macomb:
connection.misd.net

For runaway youths or youths experiencing homelessness (ages 12–17) – Temporary shelter is available 24 hours a day at Family Youth Interventions (FYI), 586-465-1212.

24-hour emergency shelter for women and children who are victims of domestic violence or sexual assault. (provides up to 30 days maximum at the shelter). Domestic and sexual violence counseling and Turning Point services are available. 24-hour crisis line: 586-463-6990. Turningpointmacomb.org.

Family with children – Transitional housing for one family with children and at least one member of the family working full time is available from Angel's Wing, 586-752-3661.

Housing, transportation, employment skills training, and childcare for homeless women (at least 23 years of age) with children (ages 12 and under) are available for those who come from an emergency shelter. Available from Amelia Agnes Home, 586-323-7066.

Homeless Services



Veterans Services

Veterans Crisis Resources

If you are in crisis, go to the nearest Emergency Room or call the National Suicide & Crisis Lifeline: 988 (Press 1 for the veterans line)

Spanish/Espanol 888-628-9454

MCCMH offers **Veteran Navigator** services. Please call 855-99-MCCMH for more information.

Information About PTSD is Available on:

The VA website: ptsd.va.gov

**The National Center for PTSD website:
ncptsd.va.gov**

The PTSD Alliance: ptsdalliance.org

Evidence-based treatments for PTSD
are available at all VA Medical Centers.

For a list of VA Medical Centers, go to:
va.gov/directory/guide/home.asp

Free counseling for combat veterans
with PTSD is available:

**Macomb Vet Center, Clinton Township:
586-412-0107**



Assistance Locating Veterans Support Services is Available From:

Department of Veteran's Services
586-469-5315
vets.macombgov.org/Vets-Home

Disabled American Veterans
888-448-2328
dava.org

Vietnam Veterans of America
800-882-6424
vva.org

Support group and recreational activities for brain injury survivors, family members and friends is available from Brain Injury Association of Michigan, Macomb Chapter. Contact Marty Zobrovitz at 586-774-0135 or biamimacomb@aol.com.

Housing for Veterans

Help locating suitable housing for veterans (rent or buy) and their spouse is available from Vets Constructing Communities Foundation, 586-777-2115.

The Buddy-to-Buddy program helps Michigan veterans of Operation Enduring Freedom and Operation Iraqi Freedom readjust to civilian life through Peer Support and outreach from trained veterans. Contact 888-82-BUDDY or go to: buddytobuddy.org.

For more Veterans services and programs contact Department of Veteran's Services Clinton Twp.

586-469-5315

vets.macombgov.org/Vets-Home



MATRIX is a system that helps you find community resources

Depending on your responses to a series of questions, you may be contacted by one or more agencies in Macomb County to address your identified needs.

Each agency has its own eligibility requirements; you will receive more information from the agencies that contact you.

MATRIX Participating Agencies

- Community Mental Health
- Department of Health and Human Services
- Health Department
- Macomb Community Action
- Macomb Intermediate School District (MISD)
- Martha T. Berry Medical Care Facility
- Michigan Rehabilitation Services
- Michigan State University Extension
- Michigan Works!
- Veteran Services

hcs.macombgov.org/hcs-matrix

MATRIX

Domestic Violence and Human Trafficking

Turning Point, Inc.

586-463-6990

24-Hour Hotline for survivors of
domestic violence, sexual violence,
and human trafficking.



Turning Point, Inc.

Services to Empower Survivors of
Domestic Violence, Sexual Violence,
and Human Trafficking





myStrength is a free app that provides emotional health support designed specifically for you.

- 24/7 access online or via mobile app
- Personalized plan, customized to your preferences.
- Activities and content recommended based on your ongoing needs.
- Access proven tools for stress, depression, sleep and more.

**Visit www.mystrength.com,
select “Sign Up” and enter access code
MCCMHcomm**

**Domestic Violence & Human Trafficking
& myStrength**

Additional Macomb County Resources

ACCESS TO SUBSTANCE USE & MENTAL HEALTH SERVICES

Customer Service:
855-99-MCCMH

Crisis Phone Line
586-307-9100 or 988

Adolescent Outreach Program
Macomb Family Services –
Romeo 586-752-9696

**Communicable Diseases
& Vaccines**
Macomb County Health
Department 586-465-9217

**Fetal Alcohol Prevention
Screening & Referral**
CARE of Southeastern MI
586-541-0033

Gambling Helpline
800-270-7117

Parenting Classes
CARE of Southeastern MI
586-541-0033

Macomb Family Services
586-752-9696

**Naloxone Training CARE
of Southeastern Michigan**
586-552-1120

Poison Control Center
800-222-1222

SELF HELP GROUPS

Al-Anon Family Groups
888-425-2666

Alcoholics Anonymous
877-337-0611

Clinton Counseling
586-307-9570

Families Awareness Group
586-307-9570

Families Anonymous
248-852-8310

Family Awareness Group
586-307-9570

Gam-Anon 586-758-3050

Marijuana Anonymous
800-766-6779

Narcotics Anonymous
877-338-1188

Nar-Anon 586-447-2868