

Help when you need it.



A resource guide for
anyone that needs help
in Macomb County

mccmh.net





Macomb County Community Mental Health (MCCMH)

Our compassionate team at MCCMH is ready to help you get the support you need, when you need it. We can help you find the right provider, learn about treatments, and what services you qualify for. We serve everyone, regardless of income or insurance.

Customer Service:

(855) 99-MCCMH | (855-996-2264)

Crisis Line: (586) 307-9100

Local: (586) 948-0222

Online: mccmh.net



We offer a comprehensive approach to healthcare, addressing your mental, medical, and physical concerns in one place. We use a person-centered approach and provide a variety of treatment and support services, including:



- Walk-in screenings
- Evaluations
- Case management
- Medication reviews

If you have questions about our services or are ready to begin treatment, please call our Customer Service line at **(855) 99-MCCMH (855-996-2264)**.

During this initial conversation, our team will prepare you for your first visit. This call may take up to 30 minutes to complete. If you have insurance, please have that information ready.

Learn more about our providers at **mccmh.net/provider-directory/**

Help is Available

Who to Call in a Crisis

During a crisis or emergency, there are several numbers you can call for help:

988: National Suicide & Crisis Lifeline:

If you are experiencing suicidal thoughts or emotional distress, the 988 Suicide & Crisis Line is available by phone, text, or chat 24/7.

Support is free and confidential. Call or text **988** or visit **988lifeline.org**. When you call 988 from Macomb County, you will be connected with MCCMH staff.

MCCMH Crisis Line

Our Crisis Center is available 24/7 to provide immediate crisis support. Our team can offer guidance and connect you with local resources.

MCCMH Crisis Center at **(586) 307-9100**
V/TTY.



911: Police, Fire, and Medical Emergency

You should call **911** if you require help from the police or fire departments, or if you need emergency medical assistance.

Call 911 if:

- A person or group is in imminent danger
- A person is harming themselves or others
- A crime is in progress (or if you witness suspicious activity)
- There is an accident or fire

Text to 911 is now available. Call if you can or text if you can't.

Mobile Crisis Services

Our Mobile Crisis services support children and adults in Macomb County facing a mental health crisis. The Mobile Crisis team can assist when someone is:

- Experiencing a mental health crisis or presenting behaviors that require professional intervention
- Struggling with thoughts of suicide and/or participating in self-harming behaviors
- About to physically injure themselves or others

To request the Mobile Crisis team, call **(586) 307-9100** and ask for a Mobile Crisis Therapist. They will assess the situation and determine the best way to help.

Services are available 24/7.



Critical Incident Stress Management (CISM)

CISM is an intervention protocol designed to help those who have experienced trauma. If you're finding it difficult to cope after a crisis, CISM offers confidential support, connecting you with others who understand. Through these sessions, you can share your experiences, process your emotions, learn about stress reactions, and receive referrals for additional support.

For more information, please call the MCCMH Crisis Center at **(586) 307-9100**.

Crisis Services



Support for Youth at Risk of Suicide

Parents and caregivers can request an emergency evaluation for children or teens at risk of harming themselves or others.

We also offer Intensive Crisis Stabilization Services (ICSS) to Macomb County children and families experiencing a non-life-threatening mental health crisis.

If you or someone you know is in a crisis, our Crisis Line is available 24/7. Please call **(586) 307-9100**.

Youth Experiencing Crisis

Services are available for children aged 4-17 with addiction, psychiatric, and/or behavioral disorders. If you are not able to access these services, consider calling 911 or visiting the nearest emergency room.

Harbor Oaks Hospital

35031 23 Mile Road,
New Baltimore 48047
Free consultations available 24/7:
(855) 235-6908 | harboroaks.com

Havenwyck Hospital

1525 University Drive,
Auburn Hills 48326
Free consultations available 24/7:
(800) 401-2727 | havenwyckhospital.com

Havenwyck offers admissions and assessments 24 hours a day, 7 days a week.

Youth Crisis Services

MCCMH Locations

MCCMH North

855-99-MCCMH (855-996-2264)

43740 North Groesbeck Highway,
Clinton Township 48036

Walk-In Hours

Monday, Tuesday, Thursday, and Friday:
8:30 a.m. to 3 p.m.

Wednesday: 8:30 a.m. to 5 p.m.

MCCMH East

855-99-MCCMH (855-996-2264)

25401 Harper Avenue
St. Clair Shores 48081

Walk-In Hours

Monday-Friday: 8:30 a.m. to 3 p.m.

Behavioral Health Urgent Care Clinics



MCCMH West

855-99-MCCMH (855-996-2264)

6555 Fifteen Mile Road,
Sterling Heights 48312

Hours of Operation

Monday-Friday: 8 a.m. to 4:30 p.m.

MCCMH Children's

21885 Dunham Road, Suite 1
Clinton Township 48036

Hours of Operation

Monday, Tuesday, Wednesday, and
Friday: 8:30 a.m. to 5 p.m.

Thursday: 8:30 a.m. to 8 p.m.

Outpatient Mental Health Clinics

CARE of Southeastern Michigan

18441 Utica Road,
Roseville 48066



CARE offers evaluations, case management, peer recovery coaching, and therapy to those with substance use disorders.

For more information:

(586) 541-2273 | careofsem.com

Live Rite

27700 Gratiot Avenue,
Roseville 48066



Live Rite provides food, clothing, housing, daily meetings and job assistance. The Recovery Resource Center is open to the public Monday - Friday from 9 a.m. to 5 p.m.

For more information:

(586) 217-5899 | liveritestructuredcorp.com



Youth Substance Use

Substance use assessments for students aged 5-19 can be requested by the student, a family member, or someone from the school.

Assessments are available at:
CARE of Southeastern Michigan Student Assistance Center | (586) 541-2273

Treatment services are also offered through
Macomb Family Services:
Clinton Township | (586) 226-3440
Romeo | (586) 752-9696

Substance Use

Services for People Experiencing Homelessness

Angel's Wing | (586) 752-3661

Transitional housing for one family with children. At least one member of the family must be working full time.

Amelia Agnes Home | (586) 323-7066

Housing, transportation, employment skills training, and childcare for homeless women (at least 23 years of age) with children (ages 12 and under).

Family Youth Interventions – Transitional Living Program | (586) 477-1855

Supervised congregate living for youths ages 16-20 who are experiencing homelessness.

Family Youth Interventions | (586) 465-1212

Temporary shelter for runaway youths or youths (ages 12-17).

**Macomb's Answer to Temporary Shelter
(MATTs) | (586) 755-5191**

Up to 90 days of shelter a year for single men, women, and families.

**The MCCMH Housing Program
(586) 469-5100**

Available to those receiving support from MCCMH who are experiencing homelessness (or are at risk of becoming homeless).

MCREST | (586) 415-5101

Meals and emergency shelter for men, women, and families in Macomb County.

Turning Point | (586) 463-6990

24-hour emergency shelter for women and children who are victims of domestic violence or sexual assault.

Food Pantries

Grace Episcopal Church | (586) 465-4573

115 South Main Street, Mount Clemens 48043

Monday, Wednesday, Friday: 10 a.m. to 12 p.m.

Community Supper: Wednesday at 4 p.m.

Soup Kitchen: Sundays at 4 p.m.

(November to March)

*Must show government-issued photo identification and/or proof of income.

Harvest Time Outreach | (586) 758-3295

8204 East 9 Mile Road, Warren 48089

Tuesday and Friday: 3 p.m. to 6 p.m.

Kind Loving Hands Food Pantry

(586) 218-0611

3333 East 13 Mile Road, Warren 48092

(In the Parkview Church of Christ)

Friday: 12:30 p.m. to 3:30 p.m.

(Appointments required)

Lakepointe Pantry | (586) 991-1845

48571 Van Dyke Avenue,
Shelby Township 48317

First and third Wednesday of the month:
5 p.m. to 7 p.m.

Second Saturday of the month:
9 a.m. to 11 a.m.

Lighthouse Outreach Pantry | (586) 776-1230

28571 Gratiot Avenue, Roseville 48066

Monday to Thursday: 9 a.m. to 3:30 p.m.

Friday: 9 a.m. to 1:30 p.m.

*Must show government-issued photo
identification and/or proof of income.

Lord of the Harvest | (586) 362-2061

21601 Schoenherr Road, Warren 48089

Tuesday and Wednesday: 9 a.m. to 11 a.m.

*Must show government-issued photo
identification and/or proof of income.

**New Hope Outreach Ministries Food Pantry
(586) 751-2517**

30003 Ryan Road, Warren 48092

Tuesday: 10 a.m. to 12 p.m. and 4 p.m. to 6 p.m.
and Friday 4 p.m. to 6 p.m.

(Appointments required)

Serving the cities of Center Line, Sterling Heights, and Warren.

*Must show government-issued photo identification and/or proof of income.

**South Eastern Michigan Indians Inc. (SEMII)
(586) 756-1350**

26641 Lawrence, Center Line 48015

Monday through Friday: 9 a.m. to 3 p.m.

Serves American Indians and those living south of I-696.

**Sow a Seed Youth Organization
(313) 893-8522**

20159 Van Dyke Avenue, Detroit 48234

Second and fourth Friday: 8 a.m. to 8 p.m.

Salvation Army | (586) 754-7400

24140 Mound Road, Warren 48091

Monday to Thursday: 10 a.m. to 4 p.m.



Crisis Services for Veterans

If you are a veteran in crisis, call the
National Suicide & Crisis Lifeline:
988 (Press 1 for the veterans line)

Spanish/Espanol **(888) 628-9454**

Our Veteran Navigator offers support
services for veterans and their families.
For more information, please call
(855) 99-MCCMH (855-996-2264)
and ask for the Veteran Navigator.

Veteran Services

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 at the **Macomb Vet Center**.
(586) 412-0107
42621 Garfield Road,
Clinton Township 48038

Assistance Locating Veterans Support Services

Michigan Veteran Affairs Agency
1(800) MICH-VET (800-642-4838)

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

**VVA, Chapter 154, Macomb County Veteran
Support Center | (586) 776-9810**
18025 East 15 Mile Road,
Clinton Township 48035
Monday to Friday: 9 a.m. to 2 p.m.

Disabled American Veterans
(888) 448-2328 | dav.org

Vietnam Veterans of America
(800) 882-6424 | vva.org

**Brain Injury Association of Michigan,
Macomb Chapter | (800) 772-4323**
Support groups and recreational activities
for brain injury survivors, family members
and friends.



Housing for Veterans

Vets Returning Home | (586) 285-5606
17955 East 11 Mile Road, Roseville 48066
*Includes beds for women veterans

Supportive Services for Veterans and Families (SSVF) through Macomb Community Action | (586) 469-6964

Veteran Community Resource and Referral Center (VCRRC) through Detroit VA | (313) 576-1580
*HUD/VASH voucher assistance available

MATRIX

MATRIX is a system that helps you find community resources.

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

Macomb County agencies may contact you based on your responses and eligibility.

hcs.macombgov.org/hcs-matrix

Additional Services



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

Activities and content will be recommended based on your concerns. The app offers proven techniques to help with stress, depression, sleep, and more.

24/7 access online or via mobile app by visiting **mystrength.com**.

Select "Sign Up" and enter access code **MCCMHcomm** for free support.





MyCare Health Center provides affordable health care at several locations in Macomb County. Services available at MyCare locations include:

- Medical/Primary care
- Dental
- Obstetrics and gynecology
- Medication assisted treatment
- Behavioral/Mental health
- Podiatry

For more information, call
(586) 619-9986 or visit
mycarehealthcenter.org



Additional Services



Macomb County Care House

(586) 463-0123 | mccarehouse.org

131 Market Street, Mount Clemens 48043

Care House offers services to support families dealing with the trauma of child abuse. Care House offers:

- Crisis and emotional support
- Connections to appropriate investigative agencies
- Short-term counseling
- Support groups for non-offending parents
- A variety of coordination and investigation services
- Community referrals, resources, and information

Youth Experiencing Trama



Turning Point, Inc.

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

Turning Point, Inc.

(586) 463-6990 (24-Hour Hotline)
turningpointmacomb.org

Turning Point's hotline provides support, safety planning, and resources to survivors of domestic violence, sexual violence, and human trafficking.

Their free and confidential services include:

- Emergency shelter
- Forensic nurse & first response advocacy
- Housing
- Counseling
- Legal advocacy

Domestic Violence and Human Trafficking

Additional Macomb County Resources

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

Naloxone Training
CARE of Southeastern MI
(586) 552-1120

Parenting Classes
CARE of Southeastern MI
(586) 541-0033

Macomb Family Services
(586) 752-9696

Poison Control Center
(800) 222-1222

**The Right Connection
Macomb County**
www.connection.misd.net

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

Gam-Anon | (586) 758-3050

Marijuana Anonymous
(800) 766-6779

Narcotics Anonymous
(877) 338-1188

Nar-Anon | (586) 447-2868

**The Michigan Problem
Gambling Helpline**
1-800-270-7117

Michigan Tobacco Quitline
1-800-QUIT-NOW
(1-800-784-8669)