

# Help when you need it.



A resource guide for  
anyone needing help in  
Macomb County



[mccmh.net](http://mccmh.net)

Spring 2026





## Macomb County Community Mental Health (MCCMH)

Our compassionate team is ready to help you get the support you need, when you need it. We can help you connect with the right provider, explore treatment options, and understand which services are available to you. We serve everyone, regardless of income or insurance.

**Customer Service:**  
**(855) 99-MCCMH**  
**(855-996-2264)**

**Local: (586) 948-0222**

**Crisis Line: (586) 307-9100**



[mccmh.net](http://mccmh.net)

We offer a comprehensive approach to healthcare, that addresses you mental, medical, and physical needs - all 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](https://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:

### **911**

You should call **911** if you require help from the police or fire departments, or if you need emergency medical assistance. Text to **911** is now available. Call if you can or text if you can't.

### **MCCMH Crisis Line**

The MCCMH Crisis Line is available 24/7 to provide immediate support for behavioral health crises. Our team can offer guidance and connect you with local resources.

You can reach the MCCMH Crisis Line at **(586) 307-9100** V/TTY.



## Help is Three Numbers Away

**988** | SUICIDE & CRISIS  
**LIFELINE**

The 988 Suicide & Crisis Line is available 24/7 by phone, text, or chat at **988** or **988lifeline.org**. When you call in Macomb County, you'll be connected with an MCCMH team member.

**211**

Call to connect with information and resources, including food, housing, shelter, utility assistance, healthcare services, and legal services.

**Crisis Resources**

# 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.



## Support for Individuals in Crisis

MCCMH offers outpatient, community-based treatments for both children and adults in crisis.

**The Children's Diversion Program** is a 28-day outpatient program designed to stabilize the home environment for a child in crisis.

**The Intensive Crisis Stabilization Program** is an alternative to inpatient psychiatric care for people who are going through a severe mental health crisis or recently discharged from a hospital, but still need support.

To learn more about these programs, contact **(855) 99-MCCMH (855-996-2264)**.

**Crisis Services**

# 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 **988**, or visiting the nearest emergency room.

## Harbor Oaks Hospital

35031 23 Mile Road,  
New Baltimore 48047

Free consultations available 24/7:  
**(855) 337-4917** | [harboroaks.com](http://harboroaks.com)

## Havenwyck Hospital

1525 University Drive,  
Auburn Hills 48326

Free consultations available 24/7:  
**(833) 570-6400** | [havenwyckhospital.com](http://havenwyckhospital.com)

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

**Youth Crisis Services**



## 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**

# MCCMH Locations

## **MCCMH North**

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.

### **Hours of Operation**

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

Wednesday: 8:30 a.m. to 7 p.m.

## **MCCMH East**

25401 Harper Avenue, St. Clair Shores 48081

### **Walk-In Hours**

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

### **Hours of Operation**

Monday-Friday: 8:30 a.m. to 5 p.m.

**Behavioral Health Urgent Care Clinics**



### **MCCMH West**

6555 Fifteen Mile Road,  
Sterling Heights 48312

#### **Hours of Operation**

Monday, Wednesday, Thursday, and  
Friday: 8:30 a.m. to 5 p.m.  
Tuesday: 8:30 a.m. to 7:30 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**



## Substance Use Engagement Center

The Substance Use Engagement Center is a short-term crisis intervention facility that provides a supervised, supportive setting for individuals with substance use disorders.

It offers a safe space where individuals can speak with caring staff, learn about available resources, and connect with treatment and services when they are ready to begin their recovery journey.

Services are typically provided by Peer Recovery Coaches who understand what it means to seek help and can guide others through a variety of recovery pathways.



## Substance Use Engagement Center

Located in Sterling Heights, services are available 24 hours a day, 7 days a week and include:

- Safety triage
- Regular health checks
- Refreshments
- Access to showers and laundry
- Connections to treatment, housing, and health resources
- Assistance in obtaining treatment services, funding, and referrals
- Development of a long-term recovery plan

**Call the MCCMH Crisis Line for a screening and referral to the Engagement Center.**

**Substance Use Crisis Services**



## Substance Use Services

We offer prevention, treatment, and recovery-focused care for individuals experiencing substance use challenges. Our services are designed to help people access the care they need at any stage of their recovery journey.

Treatment services include:

- Withdrawal management/detoxification
- Residential treatment
- Medication assisted treatment
- Outpatient and intensive outpatient
- Early intervention for at-risk youth

For a screening or referral to treatment, call **855-99-MCCMH (855-996-2264)**.

**Substance Use Services**

A Recovery Community Center is a peer-operated program that provides community-based recovery services, including support, socialization, education, and information for those in recovery. It promotes relapse prevention, sustaining recovery, and improving the quality of life.

## CARE of Southeastern Michigan

18441 Utica Road,  
Roseville 48066



**For more information:**  
**(586) 541-2273 | [careofsem.com](http://careofsem.com)**

## Live Rite

27700 Gratiot Avenue,  
Roseville 48066



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](http://liveritestructuredcorp.com)**

**Recovery Community Centers**

# Services for People Experiencing Homelessness

**Family Youth Interventions**

**Emergency Shelter and Basic Center**

**(586) 465-1212**

**Transitional Living Program | (586) 477-1855**

**Macomb's Answer to Temporary Shelter**

**(MATTs) | (586) 754-7400**

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

**MCREST | (586) 415-5101**

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



**Additional Resources**

[macombcoc.org/resources](http://macombcoc.org/resources)

**Homelessness Services**

## Food Pantries

**Grace Episcopal Church | (586) 465-4573**  
115 South Main Street, Mount Clemens 48043  
Monday, Wednesday, and Friday:  
10 a.m. to 12 p.m.

**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.

**Salvation Army | (586) 754-7400**  
24140 Mound Road, Warren 48091  
Monday to Thursday: 10 a.m. to 4 p.m.



**Additional Resources**  
[macombgov.org/  
departments/  
macomb-community-action/  
macomb-food-bank](https://macombgov.org/departments/macomb-community-action/macomb-food-bank)

**Food Pantries**

# 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. You may also email the Veteran Navigator at **[veteran.navigators@mccmh.net](mailto:veteran.navigators@mccmh.net)**.

Free counseling for combat veterans with PTSD is available at the **Macomb County Vet Center | (586) 412-0107**

42621 Garfield Road,  
Clinton Township 48038



## **Additional Resources for Veterans**

**Macomb County Veteran Services**  
**(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.

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

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

**Veterans Services**

# Office of Senior Services

(586) 469-5228 | [seniors@macombgov.org](mailto:seniors@macombgov.org)  
[macombgov.org/seniors](http://macombgov.org/seniors)

21885 Dunham Road, Suite 6,  
Clinton Township 48036

The Office of Senior Services provides essential programs that support the well-being, independence, and connection of older adults in the community.

Programs include:

**Meals:** Home-delivered and community dining

**Home Help:** Light maintenance, safety devices

**Connection:** Friendly check-in calls

**Support:** Resource referrals, Medicare help

**Care:** Dementia adult day program



**Office of Senior Services**

Health and Community Services



## Macomb County Elder Justice Alliance

[elderjustice@macombgov.org](mailto:elderjustice@macombgov.org)  
[macombgov.org/MCEJA](http://macombgov.org/MCEJA)

**Mission:** To organize and amplify the efforts of agencies and individuals to end abuse, fraud, exploitation, and neglect through education, collaboration, and advocacy for victims and those at risk of abuse.



MACOMB COUNTY  
**ELDER JUSTICE  
★ ALLIANCE ★**

*Protecting Seniors, Preserving Dignity*

**Senior Services**



## Federally Qualified Health Centers

Federally Qualified Health Centers (FQHC) are community-based clinics that provide primary and preventative medical care, regardless of an individual's ability to pay.

There are two FQHCs in Macomb County:

### **MyCare Health Center**

Multiple locations in Macomb County

**(586) 619-9986**

**[mycarehealthcenter.org](http://mycarehealthcenter.org)**

### **Community First Health Centers**

58144 Gratiot Avenue, New Haven 48048

**(586) 749-5197**

**[communityfirsthc.org](http://communityfirsthc.org)**

**Accessible Healthcare**

## **Macomb County Care House**

**(586) 463-0123 | [mccarehouse.org](http://mccarehouse.org)**

131 Market Street, Mount Clemens 48043

Care House supports families impacted by child abuse through:

- Crisis and emotional support
- Connections to investigative agencies
- Short-term counseling
- Support groups for non-offending parents
- Coordinated investigation service
- Community referrals and resources

## **Turning Point, Inc.**

**(586) 463-6990 (24-Hour Hotline)**

**[turningpointmacomb.org](http://turningpointmacomb.org)**

Turning Point offers free, confidential support and safety planning for survivors of domestic violence, sexual violence, and human trafficking, including:

- Emergency shelter
- Forensic nurse and advocacy services
- Housing support
- Counseling
- Legal advocacy

**Trauma & Domestic Violence**

# Additional Macomb County Resources

## **MyStrength**

mystrength.com  
Code:MCCMHcomm

## **Macomb County Health Department**

(586) 469-5235

## **The Michigan Problem Gambling Helpline**

1-800-270-7117

## **Poison Control Center**

(800) 222-1222

## **Alcoholics Anonymous**

(877) 337-0611

## **Al-Anon Family Groups**

(888) 425-2666

## **Marijuana Anonymous**

(800) 766-6779

## **Narcotics Anonymous**

(877) 338-1188

## **Michigan Tobacco Quitline**

1-800-QUIT-NOW  
(1-800-784-8669)

## **VA Medical Centers**

va.gov/find-locations

## **The National Center for PTSD**

ptsd.va.gov

## **The PTSD Alliance**

ptsdalliance.org

## **Vietnam Veterans of America**

vva.org

## **Michigan Veteran Affairs Agency**

(800) MICH-VET  
(800-642-4838)

## **Michigan's Disabled American Veterans**

(586) 415-8610 | mi-dav.org

## **Brain Injury Association of Michigan, Macomb Chapter**

(800) 772-4323