



988 and 911

988: A Resource for Behavioral Health Crises

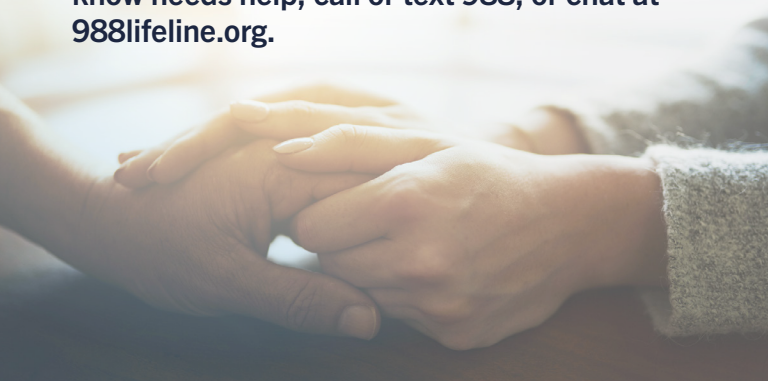
The 988 Suicide & Crisis Lifeline is here for you. It links you with trained counselors who listen, support you, and help you stay safe during a crisis. They can also find services in your community. 988 is free and open 24 hours a day, 7 days a week, anywhere in the United States.

If you call from Macomb County, you will be connected with an MCCMH team member.

You can contact 988 if you:

- Have thoughts about suicide
- Are hurting yourself
- Feel very stressed, sad, or overwhelmed
- Have concerns about alcohol or drug use
- Are worried about a family member or friend
- Need someone to talk to during a hard time
- Need help finding mental health or substance use services

You are not alone. If you or someone you know needs help, call or text 988, or chat at 988lifeline.org.



911: A Response System for Police, Fire, and Medical Emergencies

911 is ready to help when you need immediate, life-saving support. You can call 911 for emergencies like serious injuries, fires, crimes in progress, or any situation where someone's safety is at risk.

Emergency services are available 24 hours a day, 7 days a week. When you call, share your location and what is happening, so help can get to you as quickly as possible.

You should call 911 for situations such as:

- Someone is in immediate danger
- A person's life or safety is at risk
- A crime is happening or has just happened
- A fire or serious accident
- A medical emergency, like trouble breathing or severe injury
- Suspicious activity that feels unsafe
- You believe someone is in danger or needs urgent help

If you or someone else needs urgent help, call 911 right away. Text to 911 is also available. Call if you can, and text if you can't.

To learn more or to schedule an appointment, call 855-99-MCCMH (855-996-2264).

Call the MCCMH Crisis Line for 24/7 support: 586-307-9100.



MACOMB COUNTY
COMMUNITY MENTAL HEALTH

Macomb County Community Mental Health programs and services are supported and funded, in part, by the Michigan Department of Health and Human Services (MDHHS). MCCMH is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and operates under the direction of the Macomb County Board of Commissioners and the Macomb County Community Mental Health Board.

MCCMH centers are barrier-free, and offer TTY access, American Sign Language communication, and other language translations.



mccmh.net



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