



**HEGIRA HEALTH, INC.**  
Wellness First

## HEGIRA HEALTH CRISIS RESOURCE GUIDE

CRISIS LINES		Phone	Services
C.O.P.E.– 24 hours		1-844-296-2673	Telephonic support, Crisis Stabilization Unit, information, referrals
Suicide Prevention Lifeline		1-800-273-TALK (8255)	Telephonic support, information, referrals
Crisis Text Line		Text HOME to 741741	Immediate text support, information, referrals
Detroit Wayne Mental Health Authority 24-hour helpline		1-800-241-4949	Telephonic support, information, referrals
Common Ground Resource and Crisis Center – Oakland County – 24 hours		1-800-231-1127	Telephonic support, Crisis Stabilization Unit, information, referrals
Macomb County Crisis Center		586-307-9100	Telephonic support, information, referrals
Washtenaw Mental Health Care Line – 24 hours		734-544-3050	Telephonic support, information, referrals
New Oakland Family Services		1-877-800-1650	Telephonic support, mobile services for children and adolescents
Call or Text		988	Telephone support, Crisis Stabilization Unit, Information, referrals
SUICIDE PREVENTION		Websites	APPS FOR SMARTPHONES
American Foundation for Suicide Prevention		<a href="http://www.afsp.org">www.afsp.org</a>	A Friend Asks – Jason Foundation
Kevin's Song		<a href="http://www.kevinssong.org">www.kevinssong.org</a>	Suicide Safe
Trevor Project (LGBTQ Youth)		<a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>	My3 (Safety Planning)
Jason Foundation		<a href="http://www.jasonfoundation.com">www.jasonfoundation.com</a>	ASK and Prevent Suicide
GRIEF SUPPORT			Services
New Hope – Center for Grief Support		133 W. Main Street, Suite 113, Northville, Mi 48167 248-348-0115	Provides grief support, workshops and seminars to help individuals cope with the pain of loss.
Angela Hospice – Grief Support Programs		734-779-6690	Helps individuals learn about the grief process and how to cope with the pain of loss. Offers one-on-one counseling. Services are free of charge.