

**Mental Health Crisis Centers & Hotlines/Referral Services**

- **State/National Level**
  - Michigan Department of Community Health Crisis Hotline
    - 866-289-2641
  - National Suicide Prevention Hotline
    - 800-SUICIDE (784-2433)
  - National Suicide Prevention Lifeline
    - 800-273-TALK (8255)
    - Chat: <https://suicidepreventionlifeline.org/chat/>
  - Substance Abuse and Mental Health Services Administration National Helpline
    - 1-800-662-HELP (4357)
    - TTY: 1-800-487-4889
    - <https://www.samhsa.gov/find-help/national-helpline>
- **Wayne County**
  - Detroit Wayne Integrated Health Network
    - Helpline: 1-800-241-4949
    - TTY: 800-630-1044
    - General DWIHN #: (313) 833-2500 (8:00 am - 4:30 pm M-F)
    - <https://www.dwihn.org>
    - 24-Hour Centralized Access Center/Crisis Information and Referral Help Line
  - Henry Ford Hospital
    - 313-916-2600
    - Psychiatrists on call 24 hours

**Domestic Violence/Sexual Assault Services**

- **Domestic Violence Shelters/Information**
  - **State/National Level**
    - RAINN – Rape, Abuse, Incest National Network National Hotline
      - 24-hr Phone: 800-656-4673 (HOPE)
    - Family Violence Helpline
      - 800-996-6228
    - National Coalition Against Domestic Violence
      - 202-745-1211
      - <http://www.ncadv.org/>
    - National Domestic Violence Hotline
      - 800-799-7233 (SAFE)
    - National Organization of Women
      - 517-485-9687
      - <http://www.michnow.org/>
    - SafeHouse Center HelpLine
      - 734-995-5444
    - Vulnerable Adult Helpline Service - Michigan Department of Human Services
      - 800-996-6228
    - Michigan Coalition Against Domestic and Sexual Violence

## LIST OF NATIONAL, STATE, AND LOCAL RESOURCES

- Online Chat: <https://mcedsv.org>
- Talk: 855-864-2374 (VOICES4)
- Text: 866-238-1454
- TTY: 517-381-8470
- Equality Michigan – Department of Victim Services
  - 1 (866) 962-1147 ext. 114
  - <https://equalitymi.org/victim-services/>
  - Provides dedicated survivor-centered services to LGBTQIA+ and individuals living with HIV who have experienced violence, discrimination, and harassment
- **Wayne County**
  - Arab Community Center for Economic and Social Services (ACCESS)
    - Domestic and Sexual Violence Hotline
    - 833-782-6348
    - <https://www.accesscommunity.org>
  - Adult Protective Services
    - 313-396-5050
  - Catholic Social Services of Wayne County
    - 9851 Hamilton Detroit, MI 48202
    - 313-883-2100 ext. 217
    - Sponsors support groups for women involved in domestic violence
    - Weekly meetings provide the opportunity for confidential discussions and for developing skills to deal with destructive situations
    - Babysitting services are available
    - [www.csswayne.org](http://www.csswayne.org)
  - First Step
    - 44567 Pinetree Drive Plymouth, MI 48170
    - 734-416-1111
    - 24-hour helpline: 734-722-6800
    - <http://www.firststep-mi.org>
    - Counseling for adult victims of domestic violence and their children
    - Food, clothes, transportation, housing/shelter, pet shelter, and other basic needs to help survivors in transition
    - Provides in-court victim advocacy and support through free legal clinics
  - YWCA Interim House (Detroit)
    - 313-861-5300
    - Food and counseling for adult victims of domestic violence and their children
  - Personal Protection Orders
    - Room B57, Coleman A. Young Municipal Center, 2 Woodward Ave Detroit, MI 48226
    - 313-224-6291 or 313-224-6262
  - Wayne County Adult Protective Services
    - 877-963-0300
  - Wayne County Prosecutors Office - Child and Family Abuse Bureau
    - 313-224-5857

- **Sexual Assault Resources for Survivors and Families**
  - **State/National Level**
    - National Domestic Violence Hotline
      - 800-799-7233
    - SafeHouse Center HelpLine
      - 734-995-5444
    - Michigan Coalition Against Domestic and Sexual Violence
      - Online Chat: <https://mcedsv.org>
      - Talk: 855-864-2374 (VOICES4)
      - Text: 866-238-1454
      - TTY: 517-381-8470
    - Equality Michigan – Department of Victim Services
      - 1 (866) 962-1147 ext. 114
      - <https://equalitymi.org/victim-services/>
      - Provides dedicated survivor-centered services to LGBTQIA+ and individuals living with HIV who have experienced violence, discrimination, and harassment
  - **Wayne County**
    - Arab Community Center for Economic and Social Services (ACCESS)
      - Domestic and Sexual Violence Hotline
      - 833-782-6348
      - <https://www.accesscommunity.org>
    - Catholic Social Services - Victims of Crime Act (VOCA)
      - 313-883-2100
      - <http://www.csswayne.org/>
      - Wide range of support services for individuals, children and adult victims of physical, sexual, and emotional abuse or assault are provided
    - Detroit Police Victims Assistance Program
      - 313-833-1660 24 hours, 7 days a week
      - Rape Counseling
        - 4707 St. Antoine Suite M-167 Detroit, MI 48201
      - Domestic Violence
        - 3627 Cass Detroit, MI 48201
        - Assist victims of rape with medical, mental/emotional, and legal issues
        - Must be a victim, survivor of rape and/or domestic violence
        - Offers individual, couples, family, and group counseling
        - No fees
      - <https://detroitmi.gov/departments/police-department/victims-assistance>
    - First Step
      - 44567 Pinetree Drive Plymouth, MI 48170
      - 734-416-1111
      - 24-hour helpline: 734-722-6800
      - <http://www.firststep-mi.org>
      - Counseling for adult victims of domestic violence and their children

## LIST OF NATIONAL, STATE, AND LOCAL RESOURCES

- Food, clothes, transportation, housing/shelter, pet shelter, and other basic needs to help survivors in transition
- Provides in-court victim advocacy and support through free legal clinics
- Latino Family Services
  - 313-279-3232
- Wayne County SAFE (Sexual Assault Exams)
  - 313-964-9701 (24-hour line)
- YWCA Interim House, Detroit
  - 313-861-5300 Crisis Line for sexual assault, domestic violence, and stalking; shelter
  - <http://www.ywcadetroit.org/programs/domestic-violence/>

### Elder Care Resources

- **General Resources**

- **State/National Level**

- Citizens for Better Care
  - Nonprofit long-term care consumer advocate
  - 313-832-6387
- Detroit Area Agency on Aging
  - 313-446-4444
  - <http://www.daaa1a.org>
- MiCAFE – Michigan’s Coordinated Access to Food for the Elderly
  - 877-664-2233
  - <https://www.elderlawofmi.org/micafe>
- Liberty Agency for Elderly and Convalescent Care
  - 734-420-2300
- Matrix Human Services
  - 313-831-8650
  - <http://www.matrixhumanservices.org/>
- The Information Center
  - 734-282-7171
  - <http://www.theinfocenter.info>
- The Hannan Foundation - Zena Baum Senior Service Center
  - 313-833-1300 Ext. 32
  - <http://www.hannan.org>

- **Wayne County**

- Meals on Wheels - Western Wayne County
  - 734-727-7357 or 800-851-1454
- Wayne County Senior Citizens’ Services
  - 734-326-5202 or 800-851-1454
  - <https://www.waynecounty.com/departments/seniorservices/home.aspx>

- **Respite Care**

- **State/National Level**

- The ARC of Michigan

## LIST OF NATIONAL, STATE, AND LOCAL RESOURCES

- 800-292-7851
- <http://www.arcmi.org>
- Visiting Nurses Association
  - 248-967-1440
  - <http://www.vna.org>
- **Wayne County**
  - The ARC of Western Wayne County
    - 888-929-9444 Code 1413
    - <https://thearcww.org/helpline/topic/respite/>
  - Senior / Volunteer Services - Community Social Services of Wayne County
    - 313-883-2100
    - <http://www.csswayne.org>

### Housing Resources

- **State/National Level**
  - United Way of Southeastern Michigan
    - Dial 211
    - [www.mi211.org](http://www.mi211.org)
  - ChristNet Rotating Shelter
    - 734-671-1300
    - [www.christ-net.org](http://www.christ-net.org)
  - Coalition on Temporary Shelter (COTS)
    - 26 Peterboro, Detroit MI
    - 313-831-3777
    - [www.cotsdetroit.org](http://www.cotsdetroit.org)
  - Detroit Rescue Mission Ministries
    - 150 Stimson Street, Detroit
    - 313-993-4700
    - <https://drmm.org/services/housing-2/>
- **Wayne County**
  - Wayne County Family Center
    - 30600 Michigan Avenue, Westland, MI
    - 734-721-0590
    - [www.lsm.org](http://www.lsm.org)
    - Shelter for homeless families
  - ACCESS Rent/Mortgage and Transitional & Permanent Housing Program
    - 313-203-3391
    - <https://www.accesscommunity.org/human-services/basic-needs>