



Helpers in Your Community: Is the helper able, available and acceptable?

CRISIS (DISTRESS) CENTER: 800-231-1127 (Common Ground), 1-800-273-TALK (National Suicide Prevention Lifeline)	
SUICIDE PREVENTION CENTER: Common Ground: 32E, 1200 N Telegraph Rd, Pontiac, MI 48341/800-231-1127	
TEEN LINE: OK2SAY: 855-565-2729 or text 652729	
RAPE/SEXUAL ASSAULT CENTER: Haven: 801 Vanguard Drive, Pontiac, MI 48341/877-922-1274	
DOMESTIC VIOLENCE HOTLINE: National Domestic Violence Hotline 800-799-7233/Chat: thehotline.org	
SEXUAL ABUSE HOTLINE: RAINN (Rape, Abuse, & Incest National Network) 800-656-4673	
CHILD ABUSE HOTLINE: National Child Abuse Hotline: 800-799-7233	
POLICE: Oakland County Sheriff: 248-858-4911	
PARAMEDIC EMERGENCY MEDICAL SERVICES UNIT: 911	
MENTAL HEALTH CRISIS / RESPONSE: Common Ground Resource and Crisis Help Line: 800-231-1127;	
HOSPITAL EMERGENCY SERVICES: 911	
EMERGENCY SHELTERS: shelterlistings.org/county/mi-oakland-county.html ;	
YOUTH SHELTER: Matrix Off The Street- 313-285-1900/313-873-0678; The Sanctuary (Royal Oak) 1-248-547-2260	
MENTAL HEALTH OUTREACH CLINIC:	
CHILDREN/YOUTH PSYCHIATRIC CLINIC:	
PRIVATE PRACTITIONERS: Therapists.psychologytoday.com ; findtreatment.samhsa.gov/	
MEDICAL CLINIC / GENERAL PRACTITIONER: Mercy Place- low-cost clinic in Pontiac (adults only): 248-333-0840	
STD INFORMATION AND TESTING SITES: Oakland County Health 248-424-7000/National AIDS/STD Hotline 800-872-2437	
CHILDREN'S SERVICES OFFICES: MDHHS- Children's Services Administration- 248-975-5400	
STUDENT SERVICES: OK2SAY--Phone: 1-855-565-2729, Text: 652729, Email: ok2say@mi.gov , Download APP	
CHILD CARE REFERRALS: Oakland County Child Care Council: 248-424-7000	
PARENT TRAINING: Oakland County Health Division: 248-424-7000, NAMI "Ending the Silence"	
FAMILY SUPPORT SERVICES: St. Joseph Mercy Oakland (free family support group)- 248-858.3670, NAMI's Family to Family	
SELF HELP GROUPS: Common Ground: commongroundhelps.org/248-456-0909 ; groups.psychologytoday.com	
SUBSTANCE ABUSE COUNSELING: ACCESS: 248-858-553; findtreatment.samhsa.gov/	
ALCOHOLICS ANONYMOUS: Alcoholics Anonymous of Oakland County Michigan: 248-332-3521	
MENTAL HEALTH SERVICES: Oakland Community Health Network 248-858-1210;Wayne County CMH 800-241-4949	
RELIGIOUS/SPIRITUAL SUPPORT: Interfaith Leadership Council of Metro Detroit 313-338-9777	
LEGAL ASSISTANCE/VICTIM-WITNESS ASSISTANCE: Common Ground--Victim Assistance Program: 248-456-8137	
COMMUNITY CORRECTIONS OFFICERS: Oakland County- Adult Probation Office 248-858-0300 (Pontiac)/ (248) 655-1100 (Troy)	
Other: Health Service Info- 211	Other: HealthyMenMichigan.org
Other: National Text Line- 741741	Other: Virtual Hope Box (app)
Other: oakgov.com/SuicidePrevention	Other: SPRC.org