



Ottawa County

Suicide Prevention Coalition

Emergency Departments

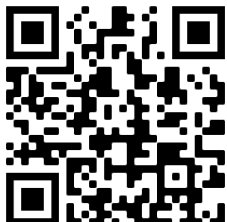
In the event of a crisis call 911 or
go to the nearest Emergency Department

- Holland Hospital
 - ⇒ 602 Michigan Ave
 - ⇒ 616-392-5141
- Spectrum Health - Zeeland
 - ⇒ 8333 Felch St
 - ⇒ 616-772-4644
- North Ottawa Community Hospital - Grand Haven
 - ⇒ 1309 Sheldon Rd
 - ⇒ 616-847-5310
- Pine Rest Psychiatric Urgent Care
 - ⇒ 300 68th St SE, Bldg. E, Entrance E1, Grand Rapids, MI 49548
 - ⇒ 616-455-5490 (Adults ages 18+)
- Forest View Assessment Center
 - ⇒ 1055 Medical Park Dr SE, Grand Rapids, MI 49546
 - ⇒ 800-949-8439
- Helen DeVos Children's Hospital
 - ⇒ 100 Michigan St NE, Grand Rapids, MI 49503
 - ⇒ 866-989-7999

CRISIS LINES

Contact to receive free anonymous and
confidential mental health support

- Community Mental Health of Ottawa County 24-Hour Crisis Intervention Helpline
866-512-4357
- Crisis Text Line
Text "Home" to 741-741
- Crisis Intervention for LGBTQ Youth - The Trevor Project:
866-488-7386
- Disaster Distress Helpline
800-985-5990
or text TalkWithUs to 66746 Español:
800-985-5990, Press "2"
- National Suicide Prevention Lifeline
800-273-TALK (8255)
Español: 888-628-9454
- Veteran's Crisis Line
800-273-TALK (8255)



Scan to go to:
www.miottawa.org/SuicidePrevention



Looking for a counselor or support group?

Behavioral Health Services

- **211 - Community Access Line of the Lakeshore**
 - ◇ Call: 211 (24/7)
 - ◇ Text zip code to 898211 (Mon - Fri, 8am - 4:30pm)
 - ◇ 211 Live Chat
 - ◇ Email: 211info@call-211.org
 - ◇ Call-211.org (Click yellow button)
 - ◇ MIHopePortal, for Northeast Michigan www.mihopeportal.com
- **Community Mental Health of Ottawa County Access Center**
 - ◇ 877-588-4357
 - ◇ TTY: Michigan Relay 711
- **Psychology Today**
 - ◇ Filter by zip code, insurance, sliding scale
- **SAMSHA (Substance Abuse and Mental Health Services Administration)**
 - ◇ 800-662-HELP (4357)

Support Groups

- **West Michigan Survivors of Suicide Support Groups:**
 - ◇ www.angelfire.com/mi2/westmisis/
 - ◇ www.suicide.org/support-groups/michigan-suicide-support-groups.html
- **Mosaic Counseling Support Groups**
 - ◇ www.mosaiccounseling.com/get-help/
 - ◇ 616-842-9160
- **Momentum Center - Mental Health, Teen & Family Support Groups**
 - ◇ www.momentumcentergh.org/resources
 - ◇ 616-414-9111
- **Smart Recovery**
 - ◇ www.smartrecoverytest.org/local/
- **DEBH - Developmental Enhancement Behavioral Health**
 - ◇ www.debh.org

Other Helpful Resources

- **DBSA Grand Rapids**
Depression and Bipolar Support Alliance
 - ◇ www.dbsagr.org
 - ◇ 616-365-1853
- **Domestic Violence Hotline:**
 - ◇ 800-799-7233
- **Holland Drop In Center**
 - ◇ <https://www.facebook.com/HollandDropInCenter/>
- **Holland Hospital Out Patient Treatment Program**
 - ◇ www.hollandhospital.org/hh/behavioral-health-overview.aspx
- **Mental Health Foundation of West Michigan (be nice.)**
- **Michigan Sexual Assault Hotline:**
 - ◇ 855-VOICES4 (864-2374)
- **Momentum Center - Mental Health, Teen & Family Support Groups:**
 - ◇ 616-414-9111
- **Mosaic Counseling offering QPR:**
 - ◇ 616-842-9160
- **NAMI of Kent County**
 - ◇ www.NAMI.org/help
 - ◇ 616-559-0045
- **Ottawa County Community Mental Health/Substance Use Disorder - Substance Use Treatment & Prevention**
 - ◇ www.miottawa.org/Health/CMH/services.htm
- **Out on the Lakeshore (LGBTQ)**
 - ◇ 616-994-8090
- **Self Injury Crisis Hotline:**
 - ◇ 800-366-8288
- **Substance Abuse and Mental Health Services Hotline:**
 - ◇ 800-662-HELP (4357)