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

- 988 - Suicide & Crisis Lifeline
- 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
- Michigan Warmline 1-888-PEER-753
  - 1-888-733-7753
- Disaster Distress Helpline
  - 800-985-5990 or text TalkWithUs to 66746 Español: 800-985-5990, Press “2”
- MiCAL - Michigan Crisis and Access Line - 1-844-44 MICAL (64225)
- National Suicide Prevention Lifeline
  - 800-273-TALK (8255)
  - Español: 888-628-9454
- Veteran’s Crisis Line
  - 800-273-TALK (8255)
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 (Click on yellow box)
  - Email: 211info@call-211.org
  - Call-211.org
  - 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 (4358)

**Support Groups**

- West Michigan Survivors of Suicide Support Groups:
  - https://wmsosl.com/
  - 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/
- Be Better - Support Groups
  - https://bebetterholland.com/
  - 616-844-8896

**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/
  - 616-355-2207
- Holland Hospital Behavioral Health Services
- 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 - National Alliance on Mental Illness:
  - 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)