



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

- **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)**



Scan to go to:  
[www.miottawa.org/SuicidePrevention](http://www.miottawa.org/SuicidePrevention)



A Youth Suicide Prevention Committee in Ottawa County

# 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](http://www.suicide.org/support-groups/michigan-suicide-support-groups.html)
- **Mosaic Counseling Support Groups**
  - ◇ [www.mosaiccounseling.com/get-help/](http://www.mosaiccounseling.com/get-help/)
  - ◇ 616-842-9160
- **Momentum Center - Mental Health, Teen & Family Support Groups**
  - ◇ [www.momentumcentergh.org/resources](http://www.momentumcentergh.org/resources)
  - ◇ 616-414-9111
- **Smart Recovery**
  - ◇ [www.smartrecoverytest.org/local/](http://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](http://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**
  - ◇ <https://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 - National Alliance on Mental Illness:**
  - ◇ [www.NAMI.org/help](http://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](http://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)