

Counseling Resources

In a crisis needing urgent mental health consultation or treatment: (Note: if you are feeling suicidal, please immediately go to your nearest emergency room)

Macomb County Community Mental Health Open Access through First Resources North or First Resources Southeast.

First Resources North	Monday - Friday from 10:00 a.m. - 3:00 p.m. at 586-469-7629
First Resources Southeast	Monday - Friday from 10:00 a.m. - 3:00 p.m. at 586-466-6912

** Please note that during the Covid-19 pandemic, all services at this time are telephonic, but you will be screened and assessed, and given proper referrals for help.*

***Please note that Community Mental Health is a Medicaid, Medicare, and non-insured provider, but can assist with referrals for individuals with private insurance.*

Macomb County Crisis line	586-307-9100 or 1-800-442-HOPE(4673) or 1-800-273-TALK(8255) All calls are confidential, free, and available to anyone
Children's Mobile Crisis Unit	586-307-9100 Available for any child from birth to age 21 currently covered by Medicaid or uninsured, residing in Macomb County.

**Please note that during the COVID-19 pandemic, the majority of the responses will be telephonic instead of face to face.*

***Beginning 10/1/2020 this will be available to ALL children regardless of insurance coverage.*

Macomb County Community Mental Health Access Center	<p>586-948-0222 Calls are processed 7 days a week from 8:00 a.m. - 8:00 p.m. (Please note that due to call volume, you can expect longer wait times from 11:00 a.m. - 2:00 p.m., and from 5:00 p.m. - 8:00 p.m.)</p> <p>If you are looking to obtain mental health services for yourself or your child, and are covered by Medicaid or Medicare, then the Access Center can provide a telephonic screening, referral for intake and/or assessment, and treatment.</p>
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<p>CARE of South East Michigan</p>	<p>Many of the school districts within Macomb County currently contract with CARE in order to provide student assistant services, in addition they offer many family centered services. Please call them directly to see how they may be of assistance to you. CARE also offers a free virtual programming for substance abuse prevention.</p> <p>https://www.careofsem.com/</p>
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<p>Macomb Family Services</p>	<p>Clinton Twp. Office at 586-226-3440 or Romeo Office at 586-752-9696 or via web at https://macombfamily.org/ Macomb Family Services has an Adolescent Outreach Program, as well as many other family centered services. They also offer free virtual programming for substance abuse prevention. Do you need to find a local therapist that accepts your insurance, then go to Psychology Today</p> <p>https://www.psychologytoday.com/ Once on the website, click on "Find A Therapist." Once you enter your city or zip code, you will be provided a list of therapists. On the left side of the screen, you will see multiple sorting options including type of insurance, age of person needing treatment, type of treatment, etc. You can filter as much as you would like, and then you will be provided with people in your area that provide exactly what you are looking for.</p>
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<p>The Michigan Department of Health and Human Services just added a texting option to receive mental health support.</p>	<p>Text RESTORE TO 741741 You will be then begin a confidential text conversation with a crisis counselor.</p>
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